

Simply Delicious **Vegan Recipes**



# VEGAN

## COOKBOOK

**100+**  
**FRESH &  
FLAVORFUL  
RECIPES**

**Healthy & Hearty**  
30-Minute Meals

**Summer-Fresh**  
Salads & Soups

**Simply Satisfying**  
Tasty One-Pot Dishes

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**Fresh &  
Healthy**  
Recipes for  
Every Meal!



**PLUS!**

Quick and Creative  
Great Grilled Veggies

SPECIAL ISSUE FROM **vegetarian**  
times





# *Discover Why This Health-Conscious Vegetarian Uses BioSil for Her Skin, Hair, and Nails!*

CHRISTIE BRINKLEY at 61

## *Look Youthful, Look Beautiful, Look Healthy at Any Age*

You don't look this youthful, beautiful and healthy at 61 without making some very smart choices. That's why Christie eats healthy organic foods, gets in 10 to 20 minutes of exercise a day, and takes the first and only advanced collagen generator, BioSil Hair, Skin, Nails.<sup>†</sup> Why BioSil? It's simple...

"After the age of 21, we women lose about 1% of our collagen every year," says Christie. Collagen is directly responsible for "plumping" skin, removing wrinkles, and creating vital skin elasticity. What's more, collagen increases nutrient-rich blood flow to the scalp giving you thicker, stronger, and shinier hair. "I was drawn to BioSil because of the clinical trial results I saw in medical journals." BioSil gives you the ability to re-gain lost collagen, add new collagen, and protect both new and existing collagen.<sup>†</sup> "I am amazed at the difference I see in my skin, hair, and nails," Christie says smiling. "I also appreciate that BioSil works naturally and contains no animal parts." Christie's other secrets to looking great at any age...

Exfoliate everyday, always wear sunscreen (even on cloudy days), and be beautiful on the inside by caring about all living creatures!

**See Christie's Daily 15-Minute Health & Beauty Routine**  
[www.BioSilUSA.com/VT416](http://www.BioSilUSA.com/VT416)

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- Strengthens & Thickens Hair 13% <sup>\*\*†</sup>
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- Strengthens Nails <sup>††</sup>

As demonstrated versus placebo in the published clinical trials: † Barel et al. 2005, Archives of Dermatological Research 297, 147-153. \*\* Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.



The First and Only Advanced Collagen Generator® – One Very Smart Choice!

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<sup>†</sup> This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Best

## VEGAN RECIPES

### 101 VEGAN RECIPES FOR EVERY MEAL

Ready to fully embrace a plant-based life? You're not alone: The number of people exploring a vegan diet is increasing—for health, environmental, and ethical reasons. Consider this special issue your vegan menu planner, with 100-plus delicious, tried-and-true recipes so you can follow a vegan lifestyle in any situation—whether you're cooking at home, making on-the-go eats, or planning the ultimate vegan party dish.

ARUGULA AND PEACH SALAD [p. 10]





## THE ESSENCE OF HAPPY EATING:

EMBRACE A COMPLETELY PLANT-BASED LIFE

*By Julie Morris*

Vegan chef Julie Morris shares her inspiration for adopting a plant-based lifestyle, and six of her favorite recipes. Plus, learn how you can win free enrollment in Julie's upcoming Essential Guide to Going Vegan online course.

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# vegetarian times

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New Online Course

promotion

# GO Vegan!

30 Days to a  
Plant-Based  
Lifestyle

Join **celebrated vegan chef and cookbook author Julie Morris** in this comprehensive **online course** that gives you essential knowledge and skills for going vegan—and reaping the benefits of this healthy, energizing, vibrant way of eating!

## COURSE HIGHLIGHTS

- Essential nutrition guidelines for eating a nutrient-rich and protein-packed vegan diet
- 30-Day Challenge: Action plan for embracing vegan eating PLUS a 30-day vegan meal plan with downloadable recipe collection (70+ recipes!)
- Videos and tutorials from Julie Morris to help you create delicious, nutritious vegan dishes

Simply registering for **Go Vegan!** between now and when the course launches in May automatically enters you for a chance to take the class for **FREE** (An \$89.99 value. One winner will be chosen each week.)



Don't miss this incredible opportunity to learn from an internationally known pioneer in cooking with natural, plant-based ingredients.

Register Today! [vegetariantimes.com/govegan](https://vegetariantimes.com/govegan)

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# *The Essence* of happy eating

EMBRACE A COMPLETELY  
PLANT-BASED LIFE

By Julie Morris



**WHEN I FIRST BECAME VEGAN**, I didn't intend to become a "professional vegan"—someone helping other health-inspired individuals lead invigorating, plant-based lives. Rather, I was simply a 14-year-old kid who'd seen the kind of factory-farming video you can't un-see, and then made a gruesome connection: If I wanted to look after our lovely planet and all of its precious creatures, I needed to do everything I could to cause the least amount of harm—starting with what I ate. As my journey as a conscious consumer evolved, I gradually found that I felt most healthy and balanced when consuming a fully plant-based—i.e., vegan—diet.

During my earliest training days in the kitchen as a newbie recipe tester and chef, I was often frustrated. I attempted to "veganize" my favorite childhood dishes, stubbornly making them over and over with whatever crazy culinary idea I could conjure. Such experiments keep you humble.

What I gained though these trials (aside from lessons in the many things that don't work!) was an invaluable appreciation for whole, plant-based foods. I started sharing my recipes—by writing books, working with food companies, consulting for restaurants, and more—all in the name of showcasing this amazing array of stuff that grows out of the ground, fills our bellies, and makes us the better for it. I like to think my inspiration for cooking has always been simple: a visit to a colorful farmers' market, or seeing a child sucking down a green superfood smoothie with a delighted smile.

Most people won't go vegan overnight. In truth, you don't even have to be vegan to enjoy vegan cuisine. Veganism isn't about being uptight and judgmental, nor is it a bland and unsatisfying practice. Rather, plant-based eating is a celebration of nature's incredible bounty of health-giving and undeniably energizing edibles, prepared in vibrant ways that show off incomparable flavors and showstopping culinary alchemy. There is just so much goodness to enjoy and appreciate. It is, perhaps, the essence of happy eating.

*Julie Morris is a Los Angeles-based natural foods chef, New York Times best-selling cookbook author, and frequent contributor to Vegetarian Times.*

## GOING VEGAN?

REGISTER FOR A SHOT AT FREE ENROLLMENT IN OUR ONLINE VEGAN ESSENTIALS COURSE

Register now for the chance to win free enrollment in our upcoming online course **Essential Guide to Going Vegan**, taught by vegan chef, cookbook author, and nutritionist Julie Morris. You'll get trustworthy nutritional guidelines, cooking techniques (with video instruction!), recipes, and meal plans—all in an easy-to-follow online format that you can access anytime. Don't miss this chance to get an essential course for all aspiring vegans for free!

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“YOU DON’T EVEN HAVE  
TO BE VEGAN TO ENJOY  
VEGAN CUISINE.”

Julie Morris has been contributing deliciously inventive vegan recipes to *Vegetarian Times* for years. On the following pages, you’ll find some of our favorite dishes from Julie, ranging from her Parsnip-Pear Soup, vibrant with spring flavors, to her hearty Breakfast Tacos.



# Favorite Vegan Dishes

FROM JULIE MORRIS



## BREAKFAST TACOS WITH HEMP-SCRAMBLED TOFU

### SERVES 6 | 30 MINUTES OR LESS

Rich in protein and minerals, these hearty tacos offer a delectable cheesy flavor thanks to the combination of nutritional yeast and hemp's healthful fats. Allowing guests to assemble their own tacos makes this breakfast extra easy.

- |   |   |
|---|---|
| 1 14-oz. package super-firm tofu, drained | 12 4½-inch organic corn tortillas, warmed |
| 2 Tbs. tahini                             | 1 cup thinly sliced green onions          |
| ½ cup nutritional yeast                   | 1 cup cilantro leaves                     |
| 1½ tsp. onion powder                      | 4 limes, cut into wedges                  |
| 1 Tbs. coconut oil                        | Hot sauce, for drizzling                  |
| ½ cup hemp seeds                          |   |

**1** Mash tofu into scrambled-egg-like crumbles in medium bowl. Stir in tahini, nutritional yeast, and onion powder; season with salt and pepper, if desired.

**2** Heat coconut oil in non-stick skillet over medium-high heat. Add tofu mixture, and cook 5 minutes, mixing occasionally. Remove from heat, add hemp seeds to pan, and mix well. Transfer to serving bowl.

**3** Generously fill each tortilla with tofu mixture. Serve with bowls of green onions, cilantro, lime wedges, and hot sauce for individual assembly.

PER SERVING (2 TACOS) 322 CAL; 21 G PROT; 16 G TOTAL FAT (4 G SAT FAT); 27 G CARB; 0 MG CHOL; 164 MG SOD; 6 G FIBER; 2 G SUGARS **GF**





## TEMPEH AVOCADO SUSHI

**SERVES 8 | 30 MINUTES OR LESS**

Steamed tempeh stands in as a protein-rich rice alternative in Julie's small sushi rolls. Serve with soy sauce, wasabi, and pickled ginger.


- 2 8-oz. packages tempeh, cut into 2-inch squares
- 4 tsp. tahini paste
- 2 tsp. agave nectar
- 2 tsp. yellow miso
- 1 tsp. onion powder
- 6 nori sheets
- 2 avocados, cut into wedges
- 8 green onions, white and light-green parts thinly sliced
- 2 tsp. low-sodium tamari sauce
- 2 Tbs. black sesame seeds

**1** Steam tempeh in steamer 10 minutes. Cool to room temperature.

**2** Pulse tempeh in food processor until ground into rice-sized pieces. Add tahini, agave, miso, and onion powder. Pulse several times until just combined. Transfer to bowl.

**3** Place 1 nori sheet on sushi mat or work surface. Spread  $\frac{2}{3}$  cup tempeh mixture out to sides of sheet, stopping  $1\frac{1}{2}$  inches from top edge. Press down mixture to flatten. Place 2 to 3 avocado wedges in center of mixture, and scatter 2 tsp. green onions on top. Roll sushi using sushi mat or by hand, and seal edge with tamari sauce. Cut into 8 pieces with sharp knife. Repeat with remaining ingredients.

**4** Sprinkle sushi with sesame seeds and remaining green onions.

PER SERVING (8 PIECES) 319 CAL; 18 G PROT; 21 G TOTAL FAT (4 G SAT FAT); 19 G CARB; 0 MG CHOL; 216 MG SOD; 6 G FIBER; 3 G SUGARS 

## PARSNIP-PEAR SOUP


**SERVES 8**

Slightly sweet with a hint of spice, this velvety soup highlights the delicate flavor of parsnips. For best results, Julie recommends using soft, ripe pears.

- 1 Tbs. coconut oil
- 2 leeks, white parts only, sliced ( $1\frac{1}{2}$  cups)
- $1\frac{1}{2}$  lbs. parsnips, peeled and cut into  $\frac{1}{2}$ -inch rounds ( $3\frac{3}{4}$  cups)
- 2 very ripe pears, peeled, cored, and diced (2 cups)
- $\frac{1}{4}$  tsp. ground nutmeg
- $\frac{1}{8}$  tsp. cayenne pepper
- 1 qt. low-sodium vegetable broth
- 3 Tbs. almond butter
- 1 Tbs. pure maple syrup
- Chopped parsley leaves, for garnish, optional
- Freshly cracked black pepper, for garnish, optional

**1** Heat coconut oil in medium saucepan over medium heat. Add leeks, and sauté 4 minutes, or until softened and translucent. Add parsnips, pears, nutmeg, and cayenne; cook 2 minutes more, or until all vegetables are glistening. Add broth and 3 cups water, and season with salt and pepper, if desired. Bring to a simmer, then reduce heat to medium-low and simmer, partially covered, 25 minutes, or until parsnips are very tender.

**2** Blend soup in blender or food processor in batches, if necessary, until combined. Add almond butter and maple syrup, and blend until smooth; return soup to saucepan (for extra smoothness, press soup through sieve into saucepan). Season with salt and pepper, if desired. Garnish servings with parsley and pepper, if using.

PER  $\frac{3}{4}$ -CUP SERVING 146 CAL; 2 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 24 G CARB; 0 MG CHOL; 94 MG SOD; 6 G FIBER; 11 G SUGARS 





## ARUGULA AND PEACH SALAD


**SERVES 8 | 30 MINUTES OR LESS**

This salad is all about the tangy dressing. Julie recommends choosing the brightest, ripest stone fruits you can find. Feel free to substitute other fresh-looking salad greens for the arugula.

- 10 cups arugula
- 4 peaches, pitted and sliced into thin wedges
- 2 green bell peppers, finely chopped (2 cups)
- $\frac{3}{4}$  cup slivered almonds
- 2 Tbs. olive oil
- 2 Tbs. white balsamic vinegar
- 1 Tbs. fresh orange juice
- $\frac{1}{2}$  tsp. grated orange zest
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. cayenne pepper

**1** Combine arugula, peaches, bell peppers, and almonds in large bowl.

**2** Whisk together oil, vinegar, orange juice, orange zest, salt, and cayenne in separate bowl. Just before serving, toss salad with dressing.

PER 2-CUP SERVING 127 CAL; 4 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 69 MG SOD; 3 G FIBER; 9 G SUGARS 







## ROASTED BRUSSELS SPROUTS SKEWERS WITH LEMON-THYME DIPPING SAUCE

### SERVES 8 (MAKES 16 SKEWERS)

Roasting Brussels sprouts produces a tender, juicy interior encapsulated by a crispy, caramelized exterior. Hemp oil lends a nutritious element to the light sauce, but you could substitute olive oil or walnut oil.

- ¼ cup lemon juice
- 3 Tbs. pure maple syrup
- 1 Tbs. hemp oil
- 2 tsp. fresh thyme leaves, whole (if small and tender), or finely chopped
- 32 Brussels sprouts, trimmed and halved (about 2 lbs.)
- 2 Tbs. safflower oil, or other high-heat oil

**1** Preheat oven to 500°F. Whisk together lemon juice, maple syrup, hemp oil, and thyme in small bowl to make dipping sauce. Set aside.

**2** Toss Brussels sprouts with oil on large, rimmed baking sheet, and season with salt and pepper, if desired. Add 1 Tbs. water to pan, and arrange Brussels sprouts cut-side down. Cover tightly with foil. Roast 10 minutes, remove foil, then roast 10 to 15 minutes more, or until Brussels sprouts are heavily browned. Toss with 2 Tbs. dipping sauce, and let rest until cool enough to handle but still warm.

**3** Thread 4 Brussels sprout halves onto each skewer, and arrange on platter. Serve warm, with remaining dipping sauce on side.

PER SERVING (2 SKEWERS) 111 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 15 G CARB; 0 MG CHOL; 27 MG SOD; 4 G FIBER; 8 G SUGARS 

## SMASHED NEW POTATOES


### SERVES 8

A hint of lemon, garlic, and dulse (a mineral-rich red seaweed) gives chunky mashed new potatoes just enough seasoning for a side that won't overpower the flavors of a main dish.

- 3 lbs. small new potatoes, scrubbed
- 3 cloves garlic, peeled, divided
- 1 tsp. salt
- 4 Tbs. olive oil
- 1 Tbs. dulse flakes, plus more for garnish
- ½ cup finely chopped fresh parsley, plus more for garnish
- 3 Tbs. lemon juice

**1** Place potatoes, 2 cloves garlic, and salt in large pot, and cover with water. Bring to a boil, reduce heat to medium, and cook 25 to 30 minutes, or until potatoes are very tender. Reserve 1 cup cooking water, then drain. Discard garlic, and return potatoes to pot.

**2** Press remaining 1 clove garlic through garlic press, and warm with oil in small saucepan over medium heat until garlic begins to sizzle, then add dulse, and cook 1 minute more. Remove from heat, whisk in parsley, lemon juice, and ¾ cup reserved cooking water; pour mixture over potatoes. Smash potatoes into rough mash, adding more cooking water to achieve desired consistency. Season with salt and pepper, if desired, and garnish with extra dulse and parsley.

PER 1-CUP SERVING 198 CAL; 4 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 31 G CARB; 0 MG CHOL; 74 MG SOD; 2 G FIBER; <1 G SUGARS 





# Vegan AT HOME

Expand your vegan cooking repertoire with these dishes that explore new flavors and textures—from global cuisine to quick weeknight meals and kid-approved fare.

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# Hearty entrées

So satisfying, these fast-and-flavorful mains can be the foundation of your meatless menu plan





## BABY BOK CHOY AND TOFU IN MARMALADE SAUCE

### SERVES 4 | 30 MINUTES OR LESS

Marmalade is the shortcut ingredient that lends sweet flavor and citrusy brightness to this recipe. Serve over steamed rice.

- ¼ cup orange marmalade
- 2 Tbs. low-sodium soy sauce
- 1 tsp. cornstarch
- 2 Tbs. canola oil
- 3 cloves garlic, thickly sliced
- 1 1-inch piece fresh ginger, peeled and julienned
- 2 8-oz. packages plain or Asian-flavored baked tofu, cubed (2 cups)
- 6 dried hot red chiles (such as chiles de arbol), or ¼ tsp. red pepper flakes
- 1 lb. baby bok choy, cut into 1-inch lengths (5 cups)
- ⅓ cup toasted, unsalted cashews

**1** Whisk together marmalade, soy sauce, cornstarch, and 2 Tbs. water in small bowl. Set aside.

**2** Heat wok over high heat, until water droplets evaporate within 1 second. Add oil, then garlic and ginger. Stir-fry 2 minutes. Add tofu and chiles; stir-fry 3 minutes, or until tofu cubes are browned. Add bok choy and stir-fry 2 minutes, or until bok choy starts to soften. Stir in marmalade mixture, and cook 2 minutes, or until sauce thickens. Stir in cashews.

PER 1-CUP SERVING 383 CAL; 24 G PROT; 20 G TOTAL FAT (3 G SAT FAT); 25 G CARB; 0 MG CHOL; 355 MG SOD; 2 G FIBER; 14 G SUGARS

## TEMPEH CUTLETS PROVENÇAL

### SERVES 2

Typical tempeh preparation calls for the soybean cake to be marinated and then steamed before cooking. Here, pouring a hot marinade over the slices does both in a single step. Serve cutlets with whole-wheat pasta or brown rice.


- 1 8-oz. package tempeh, cut widthwise into 2 cutlets
- ½ cup white wine
- 1 Tbs. herbes de Provence
- 1 Tbs. olive oil
- 2 cloves garlic, crushed
- ⅛ tsp. ground black pepper
- ½ large red bell pepper, chopped (½ cup)
- ¼ cup smooth tomato sauce
- 2 Tbs. capers, rinsed and drained
- ⅛ tsp. sugar
- ½ cup fresh basil, chopped, plus more for garnish

**1** Place tempeh in large baking dish. Bring wine, herbes de Provence, oil, garlic, and black pepper to boil in small saucepan. Pour over tempeh, cover, and refrigerate 4 hours or overnight.

**2** Preheat oven to 400°F. Coat baking sheet with cooking spray. Remove tempeh from marinade, and place on baking sheet, reserving marinade. Spray top of cutlets with cooking spray, and bake 15 minutes. Flip tempeh, spray again with cooking spray, and bake 15 minutes more, or until edges are golden.

**3** Meanwhile, strain reserved marinade into small saucepan. Bring to a boil, and add bell pepper. Simmer 5 to 7 minutes, or until bell pepper is softened and liquid is nearly absorbed. Add tomato sauce, capers, and sugar, and season with salt and pepper, if desired. Simmer 10 minutes over low heat, or until sauce is thick. Stir in basil.

**4** Place tempeh on plates, and divide sauce between servings. Garnish with basil sprigs, if desired.

PER SERVING 325 CAL; 23 G PROT; 20 G TOTAL FAT (4 G SAT FAT); 20 G CARB; 0 MG CHOL; 434 MG SOD; 3 G FIBER; 3 G SUGARS 





## TEMPEH REUBENS

### SERVES 8

Thinly sliced tempeh simmered in a flavorful broth makes a great sandwich “meat” in this deli classic.

#### Seasoned Tempeh

- ¼ cup Bragg Liquid Aminos
- 1 small onion, quartered
- 2 cloves garlic, peeled
- 1 bay leaf
- 1 8-oz. package tempeh, sliced

#### Sandwiches

- 16 slices rye bread
- 5 oz. vegan Monterey jack cheese, sliced
- 2 cups sauerkraut

#### Thousand Island Dressing

- ¼ cup vegan mayonnaise
- 3 Tbs. relish
- 2 Tbs. ketchup

**1** To prepare Seasoned Tempeh: Combine liquid aminos, onion, garlic, bay leaf, and 2 cups water in saucepan over medium heat. Add tempeh slices, and bring to a simmer. Reduce heat to medium low, and simmer 20 minutes. Cover, and let tempeh cool in broth.

**2** To make Thousand Island Dressing: Stir together mayonnaise, relish, and ketchup in small bowl.

**3** To make Sandwiches: Toast 8 slices bread. Set aside. Drain tempeh, and discard liquid, onion, garlic, and bay leaf. Place 3 slices tempeh on each slice of remaining bread. Top with cheese slices. Toast or broil 3 to 5 minutes, or until cheese has melted.

**4** Top each sandwich with ¼ cup sauerkraut. Spread toasted bread slices with Thousand Island Dressing. Place tops on sandwiches, and slice in half.

PER SERVING 276 CAL; 14 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 33 G CARB; 0 MG CHOL; 971 MG SOD; 6 G FIBER; 5 G SUGARS

#### MAKE IT GLUTEN-FREE

Use gluten-free tempeh and gluten-free rye bread.



## JACKFRUIT GYROS

### SERVES 4

Pile this spicy jackfruit filling into warmed pitas, and serve with soy yogurt, shredded lettuce, sliced onions and tomatoes, and a dash of hot sauce.

- 1 Tbs. vegan margarine
- 1 large onion, halved and thinly sliced (2 cups)
- 1 20-oz. can young jackfruit in brine, rinsed, drained, shredded
- ¾ cup low-sodium vegetable broth
- 4 Tbs. lemon juice, divided
- 2 tsp. dried oregano
- 1 tsp. low-sodium soy sauce
- ¾ tsp. ground coriander

**1** Heat margarine in skillet over medium heat until sizzling. Add onion, and sauté 3 to 4 minutes, or until softened. Add jackfruit, and cook 20 minutes, or until browned and caramelized.

**2** Add broth, 2 Tbs. lemon juice, oregano, soy sauce, and coriander, and season with salt and pepper, if desired. Simmer 10 to 15 minutes, or until liquid has almost completely evaporated.

**3** Stir in remaining 2 Tbs. lemon juice. Serve with warm pita, and toppings of your choice.

PER ¼-CUP SERVING 102 CAL; 2 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 14 G CARB; 0 MG CHOL; 392 MG SOD; 3 G FIBER; 4 G SUGARS





## SESAME-CRUSTED TOFU WITH LEMONGRASS-ORANGE REDUCTION

### SERVES 4

Serve these crispy cutlets with steamed greens. The bright citrus sauce also works as a tasty topping for roasted squash.

#### Cutlets

- 1 16-oz package firm tofu, drained
- 6 Tbs. hulled sesame seeds
- 2 tsp. toasted sesame oil

#### Reduction


- 2 tsp. toasted sesame oil
- 1 large shallot, finely chopped (¼ cup)
- 1 Tbs. minced fresh lemongrass
- 1 Tbs. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- ¼ tsp. freshly ground black pepper
- ¾ cup fresh orange juice
- ½ cup low-sodium vegetable broth
- 1½ Tbs. reduced-sodium tamari
- 1 orange, supremed, for garnish (optional)

**1** To make Cutlets: Press tofu between 2 cutting boards; tip boards over sink edge 30 minutes. Halve tofu crosswise into 2 slabs, then slice slabs into 2 Cutlets.

**2** To make Reduction: Heat 2 tsp. sesame oil in skillet over medium-high heat. Add shallot, lemongrass, ginger, garlic, and pepper; sauté 3 minutes. Whisk in juice, broth, and tamari. Reduce heat to medium-low, and simmer 5 minutes, or until slightly thickened.

**3** Spread sesame seeds on plate. Dredge Cutlets in sesame seeds.

**4** Heat 2 tsp. sesame oil in skillet over medium heat; add Cutlets. Cook 10 minutes, or until golden brown, turning once. Serve each Cutlet with 3 orange slices (if using) and 3 Tbs. Reduction.

PER SERVING 256 CAL; 15 G PROT; 17 G TOTAL FAT (2 G SAT FAT);  
13 G CARB; 0 MG CHOL; 292 MG SOD; 2 G FIBER; 5 G SUGARS 





## VEGETABLE PAELLA WITH TOFU


### SERVES 6

Traditional paella pans are round, shallow, metal pans that let the rice and vegetables cook evenly without getting mushy. A wok will do the job just as well: The wide mouth lets liquid evaporate, so the rice cooks and the other ingredients steam rather than boil.

- 2 Tbs. olive oil
- 2 7-oz. packages spicy marinated tofu, finely diced
- 8 oz. cremini mushrooms, sliced
- 2 large carrots, diced (1 cup)
- 1 cup fresh or frozen corn kernels
- 1 14-oz. can chopped tomatoes, drained
- 4 cloves garlic, minced (4 tsp.)
- 1 cup short-grain brown rice
- $\frac{1}{8}$  tsp. saffron, crumbled
- 1 cup fresh or frozen, thawed peas
- $\frac{1}{4}$  cup lemon juice
- 3 green onions, thinly sliced, for garnish

**1** Heat oil in wok over medium-high heat. Add tofu when ripples appear in oil, and season with salt, if desired. Sauté 10 minutes, or until tofu is browned, stirring occasionally. Add mushrooms, and sauté 4 to 5 minutes, or until mushrooms release liquid and begin to brown.

**2** Stir in carrots, corn, tomatoes, and garlic, and sauté 2 minutes more. Stir in rice,  $2\frac{1}{4}$  cups water, and saffron. Bring paella to a boil. Reduce heat to medium-low, cover with wok lid, and simmer 40 minutes, or until all liquid is absorbed. Add peas on surface (do not stir yet), cover, and allow peas to steam 1 to 2 minutes. Remove wok from heat, and stir in lemon juice and green onions. Season with salt and pepper, if desired.

PER SERVING 375 CAL; 22 G PROT; 12.5 G TOTAL FAT (2 G SAT FAT); 45 G CARB; 0 MG CHOL; 569 MG SOD; 6 G FIBER; 5 G SUGARS 



# 30-Minute meals

These tried-and-true supper solutions make weeknight cooking a breeze

CUCUMBER QUINOA SALAD [p. 24]





## GREEN PASTA PRIMAVERA

### SERVES 6 | 30 MINUTES OR LESS

Tossing cooked pasta with puréed, toasted pine nuts and pasta water creates a delicious cheeselike coating for the noodles.

- ½ cup plus 3 Tbs. pine nuts
- ¼ cup olive oil, divided
- 1 Tbs. lemon juice
- 8 cloves garlic, minced (3 Tbs.)
- 2 medium leeks, sliced (2 cups)
- 1 lb. broccoli rabe, chopped
- 2 cups frozen peas, thawed
- 6 cups baby spinach
- 8 oz. farfalle pasta

**1** Toast pine nuts in skillet over low heat 5 minutes, or until golden, stirring frequently. Remove pan from heat. Blend ½ cup toasted pine nuts in food processor with 2 Tbs. oil, lemon juice, and 1 Tbs. water until smooth. Set aside remaining 3 Tbs. toasted pine nuts.

**2** Heat remaining 2 Tbs. oil in large skillet over medium heat. Add garlic, and sauté 1 to 2 minutes, or until golden. Stir in leeks, and season with salt, if desired. Sauté 5 minutes. Add broccoli rabe, and cook 10 minutes, stirring occasionally. Add peas, and cook 2 minutes more. Stir in spinach, and remove from heat.

**3** Meanwhile, cook pasta according to package directions. Drain pasta, reserving ½ cup cooking water. Return pasta to pot; stir in sauce and reserved pasta-cooking water. Fold in broccoli rabe mixture. Serve topped with whole toasted pine nuts.

PER 1-CUP SERVING 395 CAL; 14 G PROT; 20 G TOTAL FAT (2 G SAT FAT); 48 G CARB; 0 MG CHOL; 70 MG SOD; 6 G FIBER; 6 G SUGARS

## CHICKPEA, BEET, AND APPLE PANINI

### SERVES 4 | 30 MINUTES OR LESS

Never had raw beet in a sandwich? This panini will have you hooked.

- 1½ cups cooked chickpeas, or one 15-oz. can chickpeas, rinsed and drained
- 3 Tbs. vegan mayonnaise
- 1 Tbs. lemon juice
- 1 tsp. chopped fresh tarragon
- 8 slices sesame semolina bread (8 oz.)
- 1 medium golden beet, peeled and sliced
- 1 Granny Smith apple, thinly sliced
- ¼ cup broccoli or radish sprouts
- 4 Tbs. prepared black olive tapenade

**1** Pulse chickpeas, mayonnaise, lemon juice, and tarragon in food processor until chunky.

**2** Spread chickpea mixture on 4 bread slices. Top with beet and apple slices, and sprouts. Spread remaining 4 bread slices with tapenade; close sandwiches.

**3** Coat skillet or grill pan with cooking spray; heat over medium heat. Place panini in pan; weight with smaller-diameter saucepan weighted with 2 cans. Cook 3 minutes. Flip, replace weight, and cook 2 more minutes. (Or cook 4 minutes total in panini maker.)

PER SANDWICH 388 CAL; 12 G PROT; 14 G TOTAL FAT (1 G SAT FAT); 57 G CARB; 0 MG CHOL; 749 MG SOD; 8 G FIBER; 10 G SUGARS

### MAKE IT GLUTEN-FREE

Use a rustic-style gluten-free bread.







## EGGPLANT STIR-FRY WITH GREEN BEANS AND CASHEWS

**SERVES 4 | 30 MINUTES OR LESS**

Eggplant stir-fries are Asian favorites. Serve this hearty, saucy dish over steamed rice.

### Sauce

- 1 Tbs. low-sodium soy sauce
- 2 tsp. light-brown sugar
- 1½ tsp. black bean sauce with garlic, optional
- 1½ tsp. unseasoned rice vinegar
- 1 tsp. chile-garlic sauce

### Stir-Fry

- 8 oz. green beans, cut diagonally in thirds
- 2 green onions, chopped (¼ cup), plus 1 Tbs. more for garnish
- 2 tsp. minced fresh ginger
- 1 clove garlic, minced (1 tsp.)
- 2 Tbs. plus 1 tsp. canola, peanut, or grapeseed oil, divided
- 3 Chinese, Japanese, or Filipino eggplants, unpeeled, cut into ¾-inch pieces (4 cups)
- 1 tsp. dark sesame oil
- ¼ cup toasted cashews

**1** To make Sauce: combine all ingredients in small bowl.

**2** To make Stir-Fry: Blanch green beans in 2½ cups boiling water 4 minutes, or until crisp-tender. Drain, reserving cooking liquid. Rinse with cold water, and drain well.

**3** Combine ¼ cup green onions, ginger, and garlic in bowl. Set aside.

**4** Heat 1 Tbs. canola oil in large skillet or wok over medium-high heat. Add 2 cups eggplant pieces, and stir-fry 6 minutes, or until browned. Transfer to bowl. Add 1 Tbs. canola oil and remaining 2 cups eggplant pieces to pan, and stir-fry 6 minutes.

**5** Return all eggplant pieces to pan. Season with salt, if desired, and stir-fry 3 minutes. Cover pan, reduce heat to medium, and cook 5 minutes, or until tender. Transfer to bowl.

**6** Add remaining 1 tsp. canola oil to pan, and heat over medium heat. Add ginger mixture and stir-fry 15 seconds, or until fragrant. Add green beans and eggplant pieces, and stir-fry 1 minute. Add ¼ cup green bean cooking liquid and sauce, and cook until heated through. Drizzle with sesame oil, and garnish with green onions and cashews.

PER ¾-CUP SERVING 183 CAL; 4 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 15 G CARB; 0 MG CHOL; 163 MG SOD; 5 G FIBER; 6 G SUGARS



## FETTUCCINE WITH BASIL-TOMATO SAUCE

### SERVES 6 | 30 MINUTES OR LESS

There's no better way to showcase the ripe, juicy flavor of tomatoes than this simple sauce. Seeding the tomatoes takes only a minute or two and makes all the difference because it keeps the sauce sweet—the seeds can be slightly acidic—and prevents the sauce from becoming too watery.

2½ lbs. ripe tomatoes, seeded and diced

2 Tbs. brown rice syrup

2 Tbs. balsamic vinegar

2 Tbs. thinly sliced basil

1 Tbs. chopped chives

1 Tbs. minced Italian parsley

2 cloves garlic, minced (about 2 tsp.)

1 lb. fettuccine

Basil sprigs, for garnish

**1** Combine tomatoes, rice syrup, vinegar, basil, chives, parsley, and garlic in large serving bowl. Season with salt and pepper, if desired.

**2** Bring large pot of salted water to a boil. Cook pasta according to package directions. Drain.

**3** Toss pasta with sauce. Season with salt and pepper, if desired. Garnish with basil sprigs, and serve.

PER SERVING 343 CAL; 11 G PROT; 2 G TOTAL FAT (0 G SAT FAT); 69 G CARB; 0 MG CHOL; 215 MG SOD; 4 G FIBER; 12 G SUGARS





## THAI CHIK'N PIZZA

### SERVES 8 | 30 MINUTES OR LESS

Prepared vegan Chik'n Strips make short work of this delightfully spicy pizza that will become a family favorite.

- ¼ cup natural salt-free peanut butter
- 1 Tbs. tamari sauce
- 1 Tbs. sambal oelek or other Asian chili paste
- 1 Tbs. sugar
- 2¼ tsp. tamarind concentrate
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. curry powder
- ¼ tsp. toasted sesame oil
- ¼ tsp. grated fresh ginger
- 1 1-lb. package refrigerated pizza dough
- 4 white button mushrooms, thinly sliced (1 cup)
- ¾ cup diced Vegan Chik'n Strips
- ½ cup diced red bell pepper
- 1 small shallot, quartered and thinly sliced (¼ cup)
- ⅓ cup chopped cilantro leaves
- Sriracha hot sauce, optional

**1** Preheat oven to 375°F. Coat baking sheet with nonstick cooking spray. Whisk together peanut butter, tamari, sambal oelek, sugar, tamarind concentrate, garlic, curry powder, oil, and ginger in a small bowl.

**2** Roll dough out to 12-by-17-inch rectangle on lightly floured work surface. Transfer to prepared baking sheet. Spread peanut butter mixture over dough. Sprinkle with mushrooms, Chik'n Strips, bell pepper, and shallot.

**3** Bake 25 minutes, or until crust is golden brown. Sprinkle with cilantro leaves. Drizzle with hot sauce, if desired.

PER SERVING 257 CAL; 11 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 29 G CARB; 0 MG CHOL; 497 MG SOD; 2 G FIBER; 5 G SUGARS



## SWEET POTATO QUESADILLAS

### SERVES 4 | 30 MINUTES OR LESS

This fork-and-knife quesadilla is great topped with salsa and guacamole.

- 2 Tbs. vegetable oil
- 1 small onion, finely chopped (1 cup)
- 2 cloves garlic, minced (2 tsp.)
- 3 cups grated sweet potatoes
- 1 small jalapeño chile, chopped
- 2 tsp. ground cumin
- ½ tsp. dried oregano
- 1 cup fresh or frozen corn kernels
- 4 8-inch flour tortillas

**1** Heat oil in large skillet over medium heat. Add onion and garlic, and season with salt, if desired. Cook, covered, 8 minutes. Add sweet potatoes, jalapeño, cumin, and oregano; cover, and cook 10 minutes, stirring often. Stir in corn, and cook 1 minute, or until heated through. Season with salt and pepper, if desired.

**2** Spread ½ cup filling on one-half of each tortilla, leaving ½-inch border around edges. Fold tortillas to enclose filling. (If tortilla's edges don't stick together, brush oil along bottom inside edge.)

**3** Coat large skillet with cooking spray, and heat over medium heat. Cook quesadillas in skillet 2 to 3 minutes, turning once.

PER QUESADILLA 355 CAL; 8 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 57 G CARB; 0 MG CHOL; 503 MG SOD; 6 G FIBER; 9 G SUGARS





## CUCUMBER QUINOA SALAD

**SERVES 12 | 30 MINUTES OR LESS**


Crisp, cool cucumbers provide a delightful crunch to this fresh and simple salad. This recipe makes a big batch for multiple weekday lunches, supper sides, or as a party dish.

- 1½ cups quinoa
- ½ cup pine nuts
- 1 English cucumber, peeled and finely diced (2½ cups)
- 3 Roma tomatoes, seeded and finely diced (¾ cup)
- ½ small red onion, finely chopped (½ cup)
- ½ cup chopped fresh parsley
- ¼ cup olive oil
- 3 Tbs. lemon juice
- 2 tsp. grated lemon zest

**1** Bring 2 quarts salted water to a boil. Add quinoa, cover, and reduce heat to medium-low. Simmer 12 to 14 minutes, or until quinoa is tender and small “tails” bloom from grains.

**2** Preheat oven to 400°F. Spread pine nuts on baking sheet, and toast 3 to 4 minutes, or until lightly browned. Cool, then transfer to large serving bowl.

**3** Drain quinoa, and rinse under cold running water. Drain again. Add quinoa to pine nuts, and stir in cucumber, tomatoes, onion, and parsley. Fold in oil, lemon juice, and lemon zest, and season with salt and pepper, if desired.

PER ½-CUP SERVING 167 CAL; 4 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 17 G CARB; 0 MG CHOL; 53 MG SOD; 2 G FIBER; 2 G SUGARS 



# Global cuisine

Explore the vibrant, unique flavors of these international dishes for culinary travel without leaving your kitchen

## SPICY SHIRATAKI NOODLES

SERVES 4 | 30 MINUTES OR LESS

This supper dish is based on Thai drunken noodles.

- 1 Tbs. gluten-free, low-sodium tamari sauce
- 2½ Tbs. lime juice
- 1 Tbs. light-brown sugar
- 2 tsp. sriracha sauce
- 1 Tbs. grapeseed oil
- 2 Tbs. chopped jalapeño chile
- 3 cloves garlic, minced (1 Tbs.)
- 1 onion, sliced (1 cup)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 8-oz. packages tofu shirataki fettuccine, prepared according to package directions
- ½ cup fresh basil leaves, torn

**1** Whisk together tamari, lime juice, brown sugar, and sriracha in bowl. Set aside.

**2** Heat oil in wok over medium-high heat. Add jalapeño and garlic, and cook 1 minute. Add onion and bell peppers, and stir-fry 5 minutes. Add tamari mixture and shirataki, and simmer 3 to 5 minutes, then toss with basil.

PER 1½-CUP SERVING 30 CAL; 5 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 0 MG CHOL; 770 MG SOD; 4 G FIBER; 8 G SUGARS 







## STIR-FRIED UDON NOODLES WITH BOK CHOY

**SERVES 4 | 30 MINUTES OR LESS**

If you can't find udon noodles, simply substitute spaghetti or linguine in this Asian bowl.

- 1 8-oz. package udon noodles, rinsed and drained
- 2 Tbs. olive oil
- 3 cloves garlic, thinly sliced
- 1 tsp. minced fresh ginger
- ¼ tsp. red pepper flakes
- 1 medium carrot, cut into matchsticks (½ cup)
- 1 8-oz. package Asian-flavored baked tofu, cut into matchsticks
- 1 medium head bok choy, cut into 1-inch pieces
- 2 tsp. low-sodium soy sauce
- 2 Tbs. lemon juice

**1** Cook udon noodles according to package directions. Drain.

**2** Heat oil, garlic, ginger, and red pepper flakes in skillet or wok 1 minute over medium heat. Add carrot, and stir-fry 2 minutes. Add tofu, and stir-fry 1 minute.

**3** Add bok choy, and stir-fry 5 minutes, or until greens wilt. Fold in udon noodles and soy sauce, and cook 3 minutes. Sprinkle with lemon juice.

**PER SERVING** 406 CAL; 23 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 47 G CARB; 0 MG CHOL; 492 MG SOD; 5 G FIBER; 3 G SUGARS

## POTATO AND CHICKPEA CURRY WITH RICE

**SERVES 8**

For the full Indian curry experience, serve this dish with warmed naan (Indian flatbread), sliced green onions, and a bowl of spicy chutney. Be sure the lid to the Dutch oven closes tightly over the spinach so no steam escapes while the dish is cooking.

- 3 cups jasmine rice
- 3 cups low-sodium vegetable broth, divided
- 3 large russet potatoes, cut into ½-inch cubes (6 cups)
- 3 15-oz. cans chickpeas, rinsed and drained
- 3 14.5-oz. cans diced tomatoes, drained
- 1 medium onion, diced (1 cup)
- 9 cloves garlic, chopped (3 Tbs.)
- 3 Tbs. curry powder
- 3 cups tightly packed baby spinach leaves, roughly chopped (4 oz.)

**1** Preheat oven to 450°F. Generously spray inside of 5½- or 6-quart Dutch oven with cooking spray.

**2** Stir together rice and 2¼ cups broth in pot. Top with potatoes, season with salt and pepper, then add chickpeas.

**3** Combine tomatoes, onion, garlic, curry powder, and remaining ¾ cup broth in bowl. Season with salt and pepper. Spread tomato mixture over chickpeas, then top with spinach. Cover pot, and bake 53 minutes, or about 3 minutes after aroma wafts from oven.

**PER 1-CUP SERVING** 415 CAL; 14 G PROT; 3 G TOTAL FAT (0 G SAT FAT); 85 G CARB; 0 MG CHOL; 798 MG SOD; 13 G FIBER; 7 G SUGARS







## FIDEUÀ

### SERVES 8 | 30 MINUTES OR LESS

In Spain, special noodles are used to make this paella-like party dish, but angel hair pasta fragments work, too. Break pasta strands 30 or so at a time to keep them from scattering. Broiling the dish is key to creating its crunchy texture.

- 2 Tbs. olive oil, divided
- 8 oz. angel hair pasta, broken into 2-inch lengths (2 cups)
- 1 medium onion, chopped (1½ cups)
- 2 cups sliced wild-mushroom mix (such as fresh shiitake, cremini, and oyster mushrooms)
- ½ 8-oz. package soy chorizo (1 sausage), halved and cut into ¼-inch-thick slices, optional
- 1 small red bell pepper, cut into chunks
- ¼ cup chopped fresh parsley, divided
- 3 cloves garlic, minced (1 Tbs.)
- ½ tsp. smoked paprika
- 1 8-oz. can sodium-free tomato sauce
- 2 cups mushroom broth or low-sodium vegetable broth
- 8 oz. fresh asparagus, trimmed and cut into 2-inch pieces

**1** Heat 1 Tbs. oil in wok, paella pan, or large skillet over medium heat. Add pasta, and cook 3 to 4 minutes, or until lightly browned and opaque, stirring constantly. Transfer pasta to paper-towel-lined plate to drain.

**2** Add remaining 1 Tbs. oil to pan, and heat over medium heat. Add onion, and cook 3 to 4 minutes, or until soft. Stir in mushrooms, soy chorizo (if using), bell pepper, 2 Tbs. parsley, garlic, and smoked paprika, and cook 5 to 7 minutes, or until most liquid has evaporated.

**3** Stir in tomato sauce. Add pasta, broth, and ½ cup water, and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 5 minutes, stirring frequently. Add asparagus, and cover; simmer 3 minutes.

**4** Preheat oven to broil. If using wok or skillet, transfer pasta mixture to 10-inch or larger round cake pan. Place paella pan or cake pan under broiler, and broil 3 to 4 minutes, or just until pasta is crisp on top. (Watch carefully—it burns quickly.) Sprinkle with remaining 2 Tbs. parsley.

PER 2-CUP SERVING 177 CAL; 6 G PROT; 4 G TOTAL FAT  
(<1 G SAT FAT); 30 G CARB; 0 MG CHOL; 182 MG SOD;  
3 G FIBER; 4 G SUGARS



## VIETNAMESE HOT POT

### SERVES 8

Most Asian cuisines feature a version of a “hot pot,” an Asian variation on fondue that invites diners to plunge bite-sized veggies and other nibbles into a pot of simmering broth, then dip the just-cooked foods in a variety of sauces. Once the dipping course is done, rice noodles and bean sprouts are added to the veggie-seasoned broth to create a second course of comforting soup that’s garnished with fresh herbs. Serve with your choice of bottled Asian sauces.

#### Broth

- 4 cups low-sodium vegetable broth
- 2 stalks fresh lemongrass, pounded with rolling pin or mallet and cut into 3-inch lengths
- ½ cup chopped cilantro
- ¼ inch piece fresh ginger, cut into 6 rounds
- 4 cloves garlic, peeled
- 2 Thai chiles
- ¼ cup low-sodium soy sauce or tamari
- 2 Tbs. light-brown sugar
- 1 Tbs. rice wine vinegar

#### Dippers

- 1 lb. broccoli florets or Chinese broccoli, cut into pieces
- 1 sweet onion, cut into 2-inch pieces
- 16 large white or cremini mushroom caps, stems removed
- 2 stalks bok choy, cut into ½-inch slices
- 8 small potatoes, quartered
- 16 prepared vegetable dumplings, ready to cook
- 1 lb. snake beans or green beans, trimmed
- 12 oz. seitan, cut into bite-sized pieces

#### Soup

- 5 oz. dry rice noodles or rice vermicelli
- 1 cup bean sprouts
- Chopped green onions, mint, cilantro, and peanuts for garnish
- Hoisin and chile sauces, optional

**1** To make Broth: Bring vegetable broth and 5 cups water to a boil in electric wok or electric skillet over medium-high heat. Add lemongrass, cilantro, ginger, garlic, chiles, soy sauce, brown sugar, and vinegar. Reduce heat to low, and simmer 30 minutes. Remove lemongrass, ginger, garlic, and chiles with slotted spoon, and discard. Place broth in center of table for communal dipping.

**2** Let guests dip vegetables, potatoes, and dumplings in simmering broth to cook. (Most vegetables take 2 to 3 minutes; potatoes and dumplings take 5 minutes.) Serve with sauces, if desired.

**3** To make Soup: When all the dippers have been cooked, add rice noodles and sprouts to broth (any uneaten dippers can remain in the soup). Simmer 5 minutes, or until noodles are tender. Serve garnished with onions, mint, cilantro, and peanuts. Add hoisin and/or chile sauces, if desired.

PER SERVING 440 CAL; 23 G PROT; 5 G TOTAL FAT (0 G SAT FAT); 78 G CARB;  
1 MG CHOL; 734 MG SOD; 11 G FIBER; 12 G SUGARS





# Kid-Approved dishes

Even fussy eaters will dive in to these simple versions of classic American fare

## TEMPEH-MUSHROOM BURGERS

### SERVES 8

The secret ingredient in these patties is grated beet, which keeps them juicy and makes them look like “real” burgers. (You don’t have to tell the kids!)

- 4 Tbs. light miso paste
  - 2 8-oz. packages tempeh, grated
  - 3 Tbs. canola oil, divided
  - ½ cup gluten flour or vital wheat gluten
  - 2 Tbs. guar gum
  - 1 portobello mushroom, stemmed and grated (about ¾ cup)
  - 1 small beet, grated (about ¾ cup)
  - 1 small onion, grated (about ½ cup)
  - 1 small carrot, grated (about ½ cup)
  - ½ cup fresh or frozen corn kernels
  - ½ medium green bell pepper, finely chopped (about ½ cup)
  - ½ medium red bell pepper, finely chopped (about ½ cup)
  - 2 cloves garlic, minced (about 2 tsp.)
- 1 Preheat oven to 350°F. Coat baking sheet with cooking spray.
  - 2 Dilute miso in ¼ cup water in bowl. Stir in tempeh and 1½ Tbs. oil. Stir in flour and guar gum.
  - 3 Mound tempeh mixture on prepared baking sheet. Cover with foil, and bake 20 minutes, or until heated through.

- 4 Heat remaining 1½ Tbs. oil in skillet over medium heat. Add mushroom, beet, onion, carrot, corn, bell peppers, and garlic. Sauté 10 minutes, or until vegetables are tender.

- 5 Pulse vegetables and tempeh mixture in food processor 6 or 7 times or until just blended (do not over-blend).

- 6 Shape tempeh mixture into 8 patties. Cover with plastic wrap, and refrigerate 4 hours or overnight, to blend flavors.

- 7 Preheat grill to medium. Brush burgers and grill rack with oil. Grill 8 to 10 minutes per side.

PER SERVING 218 CAL; 20 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 14 G CARB; 0 MG CHOL; 259 MG SOD; 6 G FIBER; 3 G SUGARS





**MAKE IT  
GLUTEN-FREE**

Use tamari sauce instead of soy sauce, and gluten-free pasta.



## MAC AND CHEESE

### SERVES 4 | 30 MINUTES OR LESS

The “cheese” sauce is thickened with rice flour, while nutritional yeast lends a cheesy flavor that kids will love.

- 2 ½ cups plain soymilk
- 2 ½ Tbs. white rice flour
- 1 ½ Tbs. large-flake nutritional yeast
- 1 ½ tsp. low-sodium soy sauce
- 1 Tbs. granulated garlic
- 1 Tbs. granulated onion
- 2 Tbs. vegan margarine, melted
- 1 tsp. yellow mustard
- 1 8-oz. package rotelli (corkscrew) pasta

**1** Whisk together soymilk, rice flour, yeast, soy sauce, granulated garlic, and granulated onion in saucepan. Simmer 4 minutes, or until thickened, whisking constantly. Whisk in margarine and mustard, and simmer 10 minutes more.

**2** Cook pasta according to package directions. Drain, and toss with sauce.

**PER SERVING** 364 CAL; 15 G PROT; 9 G TOTAL FAT (2 G SAT. FAT); 56 G CARB; 0 MG CHOL; 534 MG SOD; 3 G FIBER; 6 G SUGARS

## PAPRIKA CAULIFLOWER PITA POCKETS

### SERVES 4 | 30 MINUTES OR LESS

These mildly spicy pita pockets are packed with nutrients—but kids will notice only that they taste great.

- 1 head cauliflower (2 lbs.), cut into bite-sized florets
- 3 Tbs. olive oil
- 2 Tbs. sweet Hungarian paprika
- ½ tsp. ground black pepper
- ½ tsp. fine sea salt
- 1 small red onion, diced (1 cup)
- 1 clove garlic, minced (1 tsp.)
- ½ cup low-sodium vegetable broth
- 2 Tbs. lemon juice
- 4 pita bread rounds, halved and warmed

**1** Steam cauliflower 7 to 9 minutes, or until tender.

**2** Heat oil, paprika, pepper, and salt in nonstick skillet over medium-low heat 2 minutes, or until fragrant, stirring constantly. Add onion and garlic, and sauté 2 minutes more. Stir in broth and cauliflower, and simmer 3 minutes. Remove from heat, and stir in lemon juice. Serve with pita halves.

**PER SERVING** 318 CAL; 9 G PROT; 12 G TOTAL FAT (2 G SAT. FAT); 46 G CARB; 0 MG CHOL; 663 MG SOD; 6 G FIBER; 6 G SUGARS





## VEGETABLE POT PIES

### SERVES 8

A classic kid favorite, done the vegan way—wholesome, healthy, and freezer-friendly. Make a batch, and freeze some for heat-and-eat weeknight meals when the kids' schedules are crazy.

#### Dough

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ¼ tsp. salt
- 4 Tbs. cold vegan margarine, cut into pieces

#### Filling

- 2 Tbs. olive oil
- 1 medium leek, white and green parts chopped (1½ cups)
- 1½ cups chopped celery or fennel
- 2 large carrots, diced (1 cup)
- 8 oz. button mushrooms, thinly sliced
- 2 Tbs. all-purpose flour
- 2 cloves garlic, minced (2 tsp.)
- 4 oz. red-skinned potatoes, peeled and cut into ½-inch cubes (1½ cups)
- 2¼ cups low-sodium vegetable broth
- 1 tsp. poultry seasoning
- 2 Tbs. creamy cashew butter, optional
- 6 asparagus spears, cut into 1-inch pieces
- ½ cup fresh or thawed frozen peas
- ½ cup fresh or thawed frozen corn kernels

**1** To make Dough: Whisk together flours and salt in bowl. Cut or rub margarine into flour mixture until no large pieces remain. Stir in 3 to 4 Tbs. cold water until smooth dough forms. Wrap in plastic wrap, and chill while making Filling.

**2** To make Filling: Heat oil in large pot over medium heat. Add leek, celery, carrots, and mushrooms; sauté 5 to 7 minutes, or until tender. Stir in flour and garlic, and cook 1 minute. Add potatoes, broth, and poultry seasoning. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 10 minutes. Stir in cashew butter, if using, and cook 1 minute more. Remove from heat, and stir in asparagus, peas, and corn. Cool.

**3** Preheat oven to 400°F. Roll out Dough to ⅛-inch thickness. Cut into eight 4-inch rounds.

**4** Divide Filling among eight 1-cup ramekins. Place dough rounds on top, pressing dough around sides of ramekins with fork to crimp and seal. Poke hole in top of each pot pie. Place pot pies on baking sheet, and bake 30 to 40 minutes, or until tops are golden brown. Let stand 5 minutes before serving.

PER POT PIE 244 CAL; 6 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 35 G CARB; 0 MG CHOL; 207 MG SOD; 4 G FIBER; 5 G SUGARS







## HOMEMADE TOMATO SOUP

### SERVES 8 | 30 MINUTES OR LESS

Tomato soup is a comforting, nutritious, kid-friendly classic at any time of year. For fun flair that little ones will love, use mini cutters to cut sliced bread into shapes (stars, footballs, snowflakes, or simple triangles), which you can toast and float on top of the soup.

- 2 Tbs. olive oil
- 1 medium onion, chopped (1½ cups)
- 1 Tbs. tomato paste
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. sugar
- 1 15-oz. can diced tomatoes
- 1 vegetable bouillon cube, optional
- 2 tsp. balsamic vinegar
- ½ tsp. dried thyme

**1** Heat oil in medium saucepan over medium heat. Add onion, and sauté 5 minutes, or until soft and translucent. Stir in tomato paste, garlic, and sugar, and cook 1 minute, or until tomato paste darkens. Stir in diced tomatoes, bouillon cube, if using, balsamic vinegar, thyme, and 4 cups water. Cover pan, bring soup to a boil, then reduce heat to medium-low and simmer, covered, 15 minutes.

**2** Remove from heat, and blend soup with immersion blender or in blender or food processor until smooth. Season with salt and pepper, if desired.

PER ½-CUP SERVING 60 CAL; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 122 MG SOD; 1 G FIBER; 4 G SUGARS

## CRISPY TOFU FINGERS

### SERVES 8

Healthier and tastier than meat-containing fast-food versions, these easy-to-eat tofu fingers are delicious with dipping sauces. Once they've been baked, they can be refrigerated or frozen for future use, then reheated in an oven or even a toaster oven for a quick protein-packed kid's snack or as a dinner main.

- 2 16-oz. blocks firm or extra-firm tofu, drained
- ½ cup cornstarch
- ½ cup flaxseed meal, optional
- 1 cup unsweetened soymilk or rice milk
- 2 cups panko breadcrumbs
- ¼ cup all-purpose flour
- ½ tsp. paprika
- ½ tsp. dried sage
- ¼ tsp. garlic powder or granulated garlic
- ¼ tsp. dried ginger
- ¼ tsp. onion powder
- ¼ tsp. ground black pepper

**1** If using firm tofu, wrap block in a soft, clean dish towel, and press between two heavy cutting boards 30 minutes to squeeze out excess moisture. Cut each tofu block into 16 fingers.

**2** Preheat oven to 350°F. Coat two baking sheets with cooking spray.

**3** Place cornstarch and flaxseed meal, if using, in shallow bowl, and gradually stir in soymilk. Set aside. Combine panko breadcrumbs and all remaining ingredients in second shallow bowl.

**4** Dip tofu fingers first in soymilk mixture, then in panko mixture, coating all sides. Place on prepared baking sheets.

**5** Bake tofu fingers 20 to 25 minutes, or until light golden brown, turning once. If eating right away, bake 5 to 10 minutes more, or until deep golden brown.

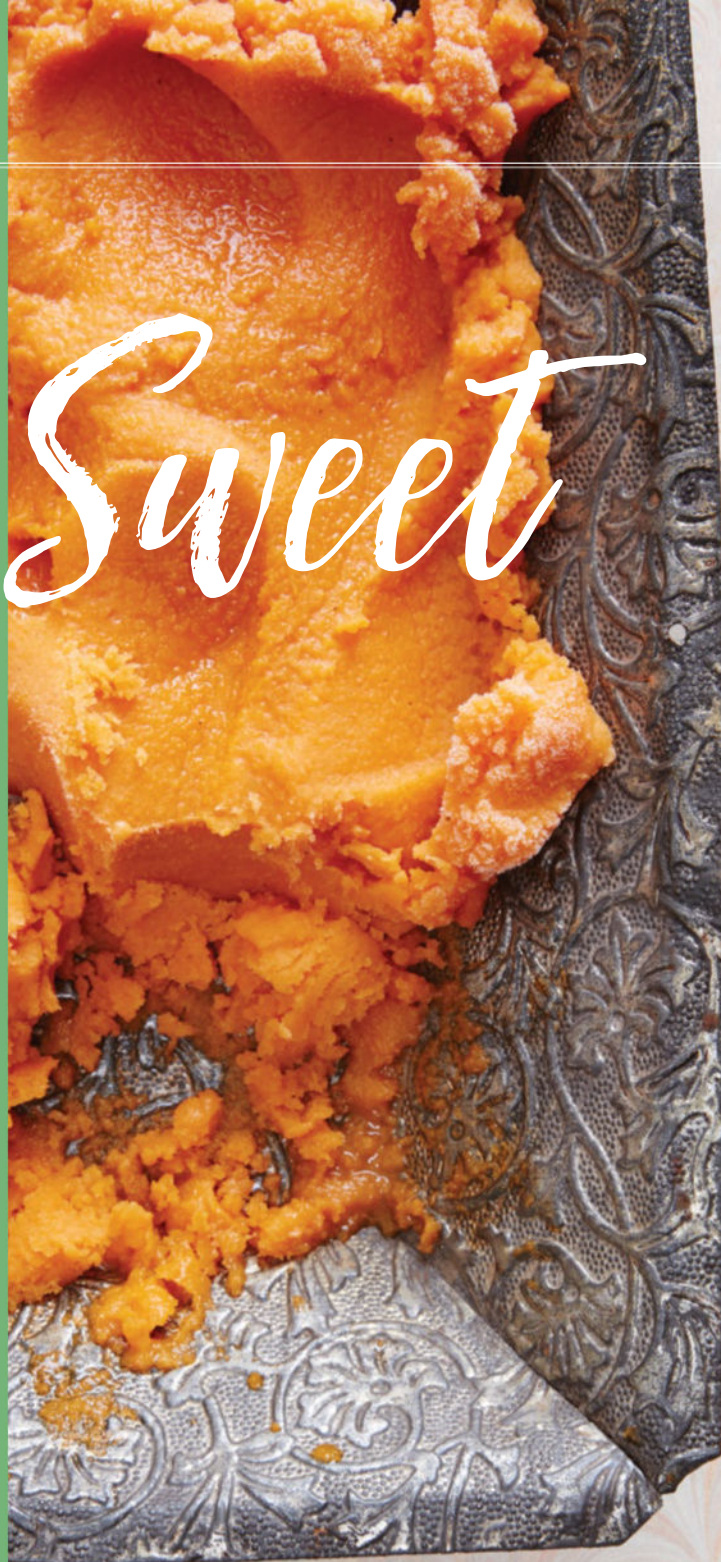
PER SERVING (4 PIECES) 239 CAL; 15 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 29 G CARB; 0 MG CHOL; 48 MG SOD; 2 G FIBER; 1 G SUGARS





# Frozen Sweet treats

Ditching dairy doesn't mean leaving behind creamy frozen delights. Fresh, in-season fruits star in many of these bright, cool treats.



CARROT-MANGO SORBET [p. 35]





## AÇAÍ SORBET

### SERVES 8

In its pure state, açai pulp is sour and slightly bitter, but once you add sweetener, the flavor resembles concentrated blueberries with a hint of chocolate.

- 4 pure açai pulp smoothie packs (4 oz. each), thawed
- $\frac{3}{4}$  cup agave nectar
- 2 Tbs. lemon juice
- Berries for garnish

**1** Whisk together all ingredients in bowl. Transfer to 9-inch-square metal baking pan, and place in freezer. Stir with fork every half hour, scraping frozen bits from sides, to keep from freezing into a block.

**2** Scoop into bowls and serve garnished with your favorite berries, or store in airtight container up to 1 week.

PER SERVING 32 CAL; 1 G PROT;  
3 G TOTAL FAT (<1 G SAT FAT); 27 G CARB;  
0 MG CHOL; 5 MG SOD; 2 G FIBER;  
24 G SUGARS 

## TRIPLE BERRY POPS


### MAKES 8 POPS

Blended berries and white grape juice concentrate let you make naturally-sweetened popsicles that won't get icy in the freezer.

- 1½ cups fresh or frozen strawberries, thawed
- 1 cup fresh or frozen blueberries, thawed
- 1 cup fresh or frozen raspberries, thawed
- $\frac{1}{2}$ -1 cup frozen white grape juice concentrate

**1** Purée all ingredients in blender 1 to 2 minutes, or until smooth.

**2** Strain through fine sieve into bowl to remove seeds. Ladle into ice-pop molds, and freeze for at least 4 hours.

PER POP 47 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 11 G CARB; 0 MG CHOL; 2 MG SOD; 2 G FIBER;  
8 G SUGARS 







## CARROT-MANGO SORBET


### SERVES 4

To keep this sorbet smooth and creamy, a little vodka is added to the mixture. It can be omitted and replaced with 2 Tbs. more agave nectar. Serve with ginger snaps, or pair with vanilla ice cream or frozen yogurt.

- 1 cup coarsely grated carrots
- 1 cup chilled fresh carrot juice
- ½ cup amber agave nectar
- ½ cup coarsely mashed mango (4 oz.)
- 2 Tbs. vodka
- 1 tsp. lime juice
- 2 pinches salt
- 1 pinch ground ginger
- 1 pinch ground cloves

**1** Blend all ingredients except carrot ribbons in blender 3 to 4 minutes, occasionally scraping down any carrot shreds. Freeze in ice-cream maker according to manufacturer's directions.

**2** Before serving, let sorbet stand at room temperature 5 to 10 minutes.

PER ½-CUP SCOOP 185 CAL; 1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 43 G CARB; 0 MG CHOL; 105 MG SOD; 2 G FIBER; 40 G SUGARS 



## BANANAS FOSTER

### SERVES 2 | 30 MINUTES OR LESS

Bananas Foster is an easy recipe to veganize by using margarine and dairy-free ice cream.


- 3 Tbs. unsweetened coconut
- 2 Tbs. vegan margarine, divided
- ½ cup light-brown sugar
- 1 Tbs. dark rum
- 2 firm bananas, cut in half lengthwise
- 1 ⅓ cup (1 scoop) each coconut, strawberry, and chocolate vegan ice cream

**1** Preheat oven to 350°F. Spread coconut on small baking sheet, and toast in oven 5 to 7 minutes, or until light brown and fragrant, stirring occasionally to prevent burning. Set aside.

**2** Combine 1 Tbs. margarine, brown sugar, and 2 Tbs. water in small saucepan, and bring to a boil over high heat. Reduce heat to medium, and simmer 3 minutes. Remove from heat; stir in rum. Return to heat; cook 1 minute. Keep hot.

**3** Heat remaining 1 Tbs. margarine in large skillet over medium-high heat. Add banana halves, cut-side down, and cook 3 to 4 minutes, or until browned. Carefully transfer to 2 serving plates.

**4** To serve: Top banana halves with ice cream, and drizzle with rum sauce. Sprinkle with toasted coconut.

PER SERVING 630 CAL; 3 G PROT; 25 G TOTAL FAT (16 G SAT FAT); 102 G CARB; 0 MG CHOL; 144 MG SOD; 10 G FIBER; 81 G SUGARS 





## OH-SO-BLUEBERRY ICE


### SERVES 2

Light and lovely, this refreshing ice can be served with dairy-free vanilla ice cream.

- 1 16-oz. package frozen blueberries, thawed, or 2 cups fresh blueberries
- ¼ cup sugar
- ¼ cup lemonade concentrate, thawed
- 1½ cups ginger ale

**1** Bring blueberries, ½ cup water, and sugar to a boil over medium heat. Cover, simmer 5 minutes; let cool. Purée mixture, then stir in lemonade and ginger ale.

**2** Pour into 9-inch-square baking pan; freeze ½ hour. Remove; scrape ice crystals into mixture. Refreeze. Scrape every 20 to 30 minutes. Mound slush into 6 dishes; serve.

PER ½ SERVING 110 CAL; 0 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 29 G CARB; 0 MG CHOL; 5 MG SOD; 2 G FIBER; 25 G SUGARS 




## TROPSICLES

### MAKES 8 POPS

Coconut milk and banana give these ice pops a creamy consistency without dairy or soy.

- 2 cups fresh pineapple chunks
- 1 large banana, sliced
- ¾ cup light coconut milk
- ¼–½ cup agave nectar

**1** Purée all ingredients in blender 1 to 2 minutes, or until mixture is smooth. Ladle into ice-pop molds, and freeze at least 4 hours. Run molds under warm water to unmold.

PER POP 102 CAL; 1 G PROT; 2 G TOTAL FAT (1 G SAT FAT); 22 G CARB; 0 MG CHOL; 2 MG SOD; 1 G FIBER; 19 G SUGARS 



## LAYERED MELON PARFAITS

### SERVES 8

Sweet summer melons need no extra flavor—or sugar—to be turned into luscious sorbets.

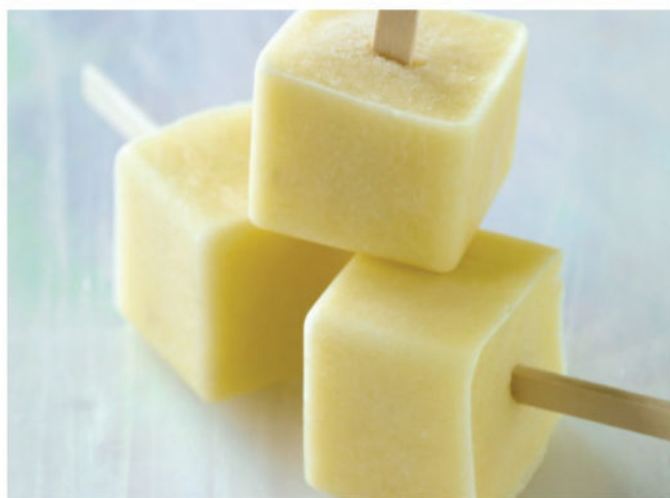
- 2 large cantaloupes (3 lbs.) peeled, seeded and cubed
- 1 medium honeydew (3 lbs.) peeled, seeded and cubed

**1** Place 8 wine glasses or parfait glasses in freezer.

**2** Freeze cantaloupe cubes and honeydew cubes separately in large resealable plastic bags 4 hours, or overnight.

**3** Purée cantaloupe cubes and honeydew cubes separately in food processor until smooth and creamy. Divide purées among glasses, alternating colors, until glasses are almost full. Freeze 4 hours, or overnight.

PER SERVING 102 CAL; 1 G PROT; 2 G TOTAL FAT (1 G SAT FAT); 22 G CARB; 0 MG CHOL; 2 MG SOD; 1 G FIBER; 19 G SUGARS 









# Choosing an ORGANIC PATH

"When I went looking for a vitamin supplement, I wanted one that came from the same organic, nutritious foods that I eat daily. Much to my surprise, that didn't exist. So I set out to create exactly what I wanted: An organic, whole food, Non-GMO Project Verified, vegan supplement.



I partnered with Garden of Life® because we share the same vision. We put our hearts and minds together to produce an amazing vitamin line.



*mykind* Organics is our gift of health to you."

Alicia Silverstone  
Actress, *NY Times* Best-Selling Author,  
Health Advocate

A handwritten signature in dark ink, likely belonging to Alicia Silverstone.





# Vegan ON THE GO

Think a jam-packed weekday schedule means you have to forego wholesome, homemade foods? Think again. These healthy recipe options satisfy the need for speed in the kitchen—and are a whole lot tastier and better for you than take-out.

## SATISFYING SMOOTHIES

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Avocado-Mango-Walnut Smoothie [ p. 43 ]  
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## SNACKS

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DEHYDRATED KALE CHIPS [p. 64]  
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# Satisfying smoothies

Boost your intake of healthy  
nutrients with fruit-and  
veggie-packed smoothies



CHARD, LIME, AND MINT SMOOTHIE [ p. 43 ]




## CHARD, LIME, AND MINT SMOOTHIE

### SERVES 2 | 30 MINUTES OR LESS

Tender Swiss chard breaks down easily in a regular blender for smoothies that need no straining. Since red chard veins can bleed color, choose green chard to keep the smoothie's verdant hue. Reserve chard stems for another use.

- 1 packed cup ½-inch cubes honeydew melon (5½ oz.)
- ½ cup lime-flavored club soda
- ¼ cup packed chopped fresh mint
- 3 Tbs. vanilla soy, almond, or rice milk, optional
- ⅛ tsp. salt
- 3 Tbs. fresh lime juice
- 1 extra-ripe kiwifruit, halved, flesh scooped out
- 2 cups packed Swiss chard, stemmed and sliced into ½-inch-thick strips

Place all ingredients in blender in order listed. Blend 15 to 20 seconds, or until smoothie is thick, adding more lime juice if desired. Chill well, and whisk before serving, or pour over ice and serve immediately.

PER 1¼-CUP SERVING 67 CAL; 2 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 16 G CARB; 0 MG CHOL; 267 MG SOD; 3 G FIBER; 10 G SUGARS 


## AVOCADO-MANGO-WALNUT SMOOTHIE

### SERVES 2 | 30 MINUTES OR LESS

Walnuts possess more heart-healthy omega-3 fats than any other nut. No walnuts in your pantry? You can also try buzzing walnut butter into the mix.

- 1¼ cups coconut water
- ½ medium Hass avocado, pitted, flesh scooped out
- 2 Tbs. raw walnuts
- 1½ tsp. lime juice
- ¾ cup frozen mango cubes

Place all ingredients in blender in order listed, and blend 30 seconds, or until smooth.

PER 1-CUP SERVING 179 CAL; 3 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 22 G CARB; 0 MG CHOL; 160 MG SOD; 6 G FIBER; 15 G SUGARS 




## PEACH GLOW SMOOTHIE

### 1 SERVING | 30 MINUTES OR LESS

Here's a complete breakfast packed with vitamins A and C, potassium, and protein, all in one bright drink.

- ½ cup carrot juice
- 6 oz. peach or mango-flavored dairy free yogurt
- 2 Tbs. frozen orange juice concentrate, thawed

In blender, combine carrot juice, yogurt, and orange juice concentrate. Blend until smooth and creamy. Serve immediately.

PER 1-CUP SERVING 210 CAL; 8 G PROT; 2 G TOTAL FAT (0 G SAT FAT); 41 G CARB; 0 MG CHOL; 47 MG SOD; 1 G FIBER; 16 G SUGARS 


## CHOCOLATE-PEANUT BUTTER SMOOTHIE

### 2 SERVINGS | 30 MINUTES OR LESS

A healthy morning smoothie that tastes like a decadent, candy bar treat? Yes, please! Peel the banana and freeze it whole, then break into chunks before blending.

- 1 cup chocolate non-dairy milk, chilled
- 1 small banana, frozen
- 2 Tbs. smooth natural peanut butter
- ½ cup crushed ice (optional)

In blender, combine non-dairy milk, banana, and peanut butter. Blend until smooth and creamy. With blender running, add ice, if using, and blend until almost smooth. Serve right away.

PER 1-CUP SERVING 226 CAL; 8 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 27 G CARB; 0 MG CHOL; 117 MG SOD; 2 G FIBER; 7 G SUGARS 



## THE ULTIMATE TOFU SMOOTHIE

### SERVES 2 | 30 MINUTES OR LESS

Even smoothie lovers who keep their blenders primed and ready are always on the lookout for new recipes to add to their repertoire. Their criteria? Easy assembly (not too much measuring), creative ingredients, and plenty of wiggle room for add-ins and substitutions. That's why we came up with the following system: a smoothie base that's low-cal, nutritionally balanced, and ultra-versatile, plus five fun variations to try. It's just the thing to get you going in the morning—or help you chill out on a sultry summer afternoon.

#### Base

- 1 banana
- ½ cup soft silken tofu (about 4 oz.)
- 2 Tbs. pure maple syrup
- 6 ice cubes

#### Variations

**Quick & Easy:** Add 1 cup fruit juice of choice and ½ cup fresh or frozen fruit.


**Bright-Eyed & Berry-Laced:** Add 1 cup pomegranate-blueberry juice and ½ cup frozen strawberries.

**Razzle-Dazzle Raspberry:** Add 1 cup orange juice, ½ cup frozen raspberries, and 2 tsp. lime juice.

**Tropical Treat:** Add ¾ cup mango juice, ½ cup frozen peaches, ¼ cup mango sorbet, and 2 Tbs. lime juice.

**Crantastic Creation:** Omit maple syrup from base and add ¾ cup cranberry juice, ½ cup frozen cranberries, and 6 Tbs. cranberry concentrate.

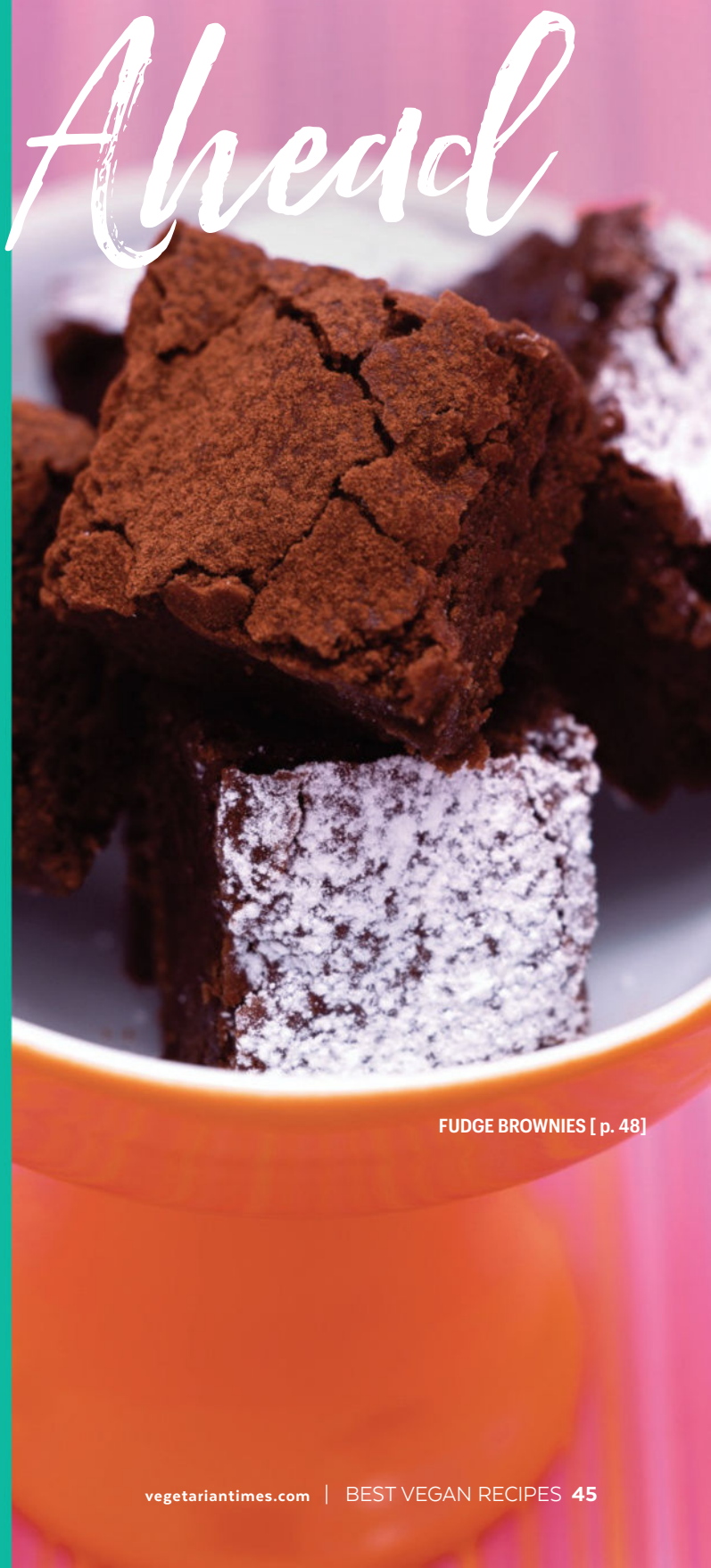
Place all ingredients in blender, blend until smooth, and serve.

PER 1¼-CUP SERVING 220 CAL; 6 G PROT; 2 G TOTAL FAT (0 G SAT FAT); 46 G CARB; 0 MG CHOL; 15 MG SOD; 2 G FIBER; 34 G SUGARS 



# Make - Ahead treats

These tasty make-ahead, take-along treats are perfect for sharing—even non-vegans will devour them



FUDGE BROWNIES [ p. 48]



## CHEWY CHOCOLATE SQUARES WITH DRIED FRUIT AND NUTS

### MAKES 36 SQUARES

These dense bars showcase an assortment of dried fruit and nuts.

- |   |                                  |
|---|----------------------------------|
| ½ cup slivered almonds, toasted           | 2 Tbs. unsweetened cocoa powder  |
| ½ cup shelled toasted pistachios, chopped | 1 tsp. grated orange zest, dried |
| 8 dates, pitted and coarsely chopped      | 1 tsp. ground cinnamon           |
| ½ cup chopped dried apricots              | ½ tsp. grated nutmeg             |
| ½ cup chopped dried figs                  | ¼ tsp. ground allspice           |
| ½ cup dried cherries                      | ⅛ tsp. salt                      |
| ¼ cup all-purpose flour                   | ¾ cup agave nectar               |
| ¼ cup fine whole-wheat breadcrumbs        | ¾ cup sugar                      |
|   | 2 Tbs. vegetable oil             |

**1** Preheat oven to 300°F. Coat 9-inch-square pan with cooking spray, and line with parchment paper. Spray again.

**2** Combine almonds, pistachios, dates, apricots, figs, cherries, flour, breadcrumbs, cocoa, orange zest, cinnamon, nutmeg, allspice, and salt in bowl.

**3** Bring agave nectar and sugar to a boil in saucepan. Reduce heat to medium-low, and simmer 10 minutes. Stir oil, then agave nectar mixture, into fruit-and-nut mixture. Transfer to prepared pan, and smooth top. Bake 50 minutes, or until mixture is done on sides but still soft in center—it will firm up completely once it cools. Cool, then cover with foil and let rest overnight. Unmold, remove parchment, and cut into squares.

PER SQUARE 98 CAL; 1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 9 MG SOD; 2 G FIBER; 16 G SUGARS



## CRISPY BREAKFAST BARS

### MAKES 15 BARS

If you're a fan of Rice Krispies treats, you'll love these crunchy-chewy bars. They get fiber and iron from whole-grain puffed cereal, and protein from almond butter.

- 7 cups puffed whole grain cereal
- ¾ cup dried cranberries
- ¾ cup raisins or dried blueberries
- 1 tsp. ground cinnamon
- ¾ cup brown rice syrup
- ¾ cup almond butter
- 2 Tbs. vegan margarine

**1** Stir together cereal, dried fruits, and cinnamon in large bowl.

**2** Place syrup, almond butter, and margarine in large, microwave-safe measuring cup. Microwave 1½ minutes on high, or until hot and margarine has melted. Stir well, then pour over cereal mixture. Stir to coat.

**3** Dampen hands with cold water. Press cereal mixture firmly into 9×9-inch square baking pan, re-wetting hands if necessary to keep mixture from sticking. Freeze 30 minutes. Cut into 15 bars, and store in refrigerator.

PER BAR 220 CAL; 4 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 33 G CARB; 0 MG CHOL; 20 MG SOD; 2 G FIBER; 23 G SUGARS





## CINNAMON SWIRL BLUEBERRY COFFEE CAKE

### SERVES 8

A simple classic, this coffee cake makes a satisfying brunch treat that will be a hit with everyone, omnivores included.

- 1¼ cups cane sugar, divided
- ¼ cup brown sugar
- 1½ tsp. ground cinnamon
- 2¼ cups all-purpose flour, divided
- 1 Tbs. baking powder
- ¼ tsp. salt
- ½ cup unsweetened soymilk
- 1 tsp. vanilla extract
- 1½ sticks (¾ cup) vegan margarine
- ¾ cup plain unsweetened soy or coconut yogurt
- 2 cups fresh or frozen blueberries

**1** Preheat oven to 350°F. Coat 9-inch round cake pan with cooking spray. Combine ¼ cup cane sugar, brown sugar, and cinnamon in small bowl; set aside.

**2** Whisk together 2 cups flour, baking powder, and salt in medium bowl. Set aside.

**3** Stir together soymilk and vanilla extract. Set aside.

**4** Cream 1 stick vegan margarine and remaining 1 cup cane sugar with electric mixer until smooth. Beat in yogurt until just combined. Blend in flour mixture in three additions, alternating with soymilk mixture.

**5** Spread half of batter in prepared pan. Sprinkle 3 Tbs. cinnamon sugar on top, and swirl into batter with skewer or chopstick. Sprinkle 1 cup blueberries on top. Spread remaining batter over blueberries. Sprinkle 3 Tbs. cinnamon sugar mixture over batter. Repeat swirling; top with remaining 1 cup blueberries.

**6** Melt remaining ½ stick vegan margarine in small saucepan. Stir melted stick and remaining ¼ cup flour into remaining cinnamon sugar. Sprinkle over coffee cake. Bake 55 to 65 minutes, or until toothpick inserted in center comes out clean. Cool at least 20 minutes before serving.

PER SLICE 467 CAL; 5 G PROT; 18 G TOTAL FAT (5 G SAT FAT); 73 G CARB; 0 MG CHOL; 468 MG SOD; 2 G FIBER; 42 G SUGARS



## CHIMP CAKES

### MAKES 18 CAKES

Deliciously decadent, these delightfully moist cakes get an extra kick from chocolate chips.

- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1 cup granulated or cane sugar
- 1 tsp. baking soda
- 1 cup unsweetened applesauce
- ½ cup canola oil
- 1 tsp. vanilla extract
- ¼ cup soymilk
- 3 small ripe bananas, mashed (1 cup)
- 6 oz. vegan chocolate chips
- ½ cup chopped walnuts

**1** Preheat oven to 350°F. Line 18 muffin-tin cups with paper cupcake liners. Whisk together flours, sugars, and baking soda in large bowl. Combine applesauce, oil, and vanilla in separate bowl. Fold applesauce mixture into flour mixture with spatula or wooden spoon. Stir in soymilk and bananas. Fold in chocolate chips and walnuts.

**2** Fill prepared muffin tins ¾ full with batter. Bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Let stand 10 minutes, then unmold onto wire rack to cool.

PER CAKE 237 CAL; 2 G PROT; 11 G TOTAL FAT (3 G SAT FAT); 34 G CARB; 0 MG CHOL; 79 MG SOD; 3 G FIBER; 18 G SUGARS



## FUDGE BROWNIES

### MAKES 24 BROWNIES

If you like your brownies soft and chewy, then you'll love this recipe's secret ingredient—prune baby food!—which keeps them moist and sweet. What's more, the prune purée binds to the flour and sugar in the same way a fat would, meaning you only need half the margarine called for in traditional brownie recipes.

- 6 oz. unsweetened chocolate
- ½ cup vegan margarine
- 2 cups light brown sugar
- 2 5-oz. jars prune purée
- 1½ cups all-purpose flour
- 1 Tbs. baking powder
- 2 tsp. vanilla extract
- Unsweetened cocoa powder and confectioners' sugar, for dusting

- 1** Preheat oven to 350°F. Line 9-inch-square baking pan with foil or parchment paper, and coat with cooking spray.
- 2** Melt chocolate and margarine in double boiler, or in heatproof bowl in microwave on medium power. Whisk in sugar and prune purée.
- 3** Combine flour and baking powder in large bowl. Fold flour mixture into chocolate mixture. Add vanilla. Spread batter in prepared pan, and bake 20 to 25 minutes, or until top looks dry and brownie is just beginning to pull away from sides of pan.
- 4** Cool in pan. Unmold, and cut into 1-inch squares. Sift cocoa powder over half of brownies. Sprinkle confectioners' sugar over remaining brownies. Store in airtight container.

PER BROWNIE 170 CAL; 2 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 33 G CARB; 0 MG CHOL; 120 MG SOD; 2 G FIBER; 22 G SUGARS



## VERY BERRY MUFFINS

### MAKES 8 TO 10 MUFFINS

These lightly-sweet whole-grain muffins are tender and moist, and also make a wonderful addition to the dinner-table breadbasket.

- 1 cup whole-wheat pastry flour
- 1 cup all-purpose flour
- 1 Tbs. baking powder
- 2 tsp. grated orange zest
- ½ tsp. ground nutmeg or mace
- ¼ tsp. salt
- ¾ cup plain unsweetened soymilk
- ½ cup brown rice syrup or pure maple syrup
- ¼ cup vegetable oil
- 1 tsp. vanilla extract
- 1 cup fresh raspberries

- 1** Preheat oven to 350°F. Fill 8 to 10 standard muffin cups with paper liners or coat with cooking spray.
- 2** Stir together both flours, baking powder, orange zest, nutmeg, and salt in large bowl. Whisk together soymilk, syrup, oil, and vanilla in medium bowl.
- 3** Stir soymilk mixture in to flour mixture; do not overmix or muffins will be tough. Gently fold in most of raspberries; reserve a few berries to sprinkle on top.
- 4** Spoon batter into prepared muffin cups, filling almost to rim. Sprinkle with reserved berries. Fill any empty muffin cups halfway with water (this creates steam for moister muffins and also helps prevent pan from warping).
- 5** Bake 20 to 25 minutes or until muffin tops are just firm and golden brown. Let cool in cups 5 minutes, then transfer to wire rack to cool completely.

PER MUFFIN 240 CAL; 5 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 40 G CARB; 0 MG CHOL; 83 MG SOD; 4 G FIBER; 23 G SUGARS





# Soups and salads

These light and easy recipes turn any meal into a flavor-fest. Plus, leftovers make great take-along lunches throughout the week



TOMATO AND TOFU SOUP [p. 50]



## TOMATO AND TOFU SOUP

**SERVES 4 | 30 MINUTES OR LESS**

This warming soup leaves the pleasant tang of cilantro and garlic chives on the tongue. If you can't find garlic chives, substitute green onions.

- 4 cups low-sodium vegetable broth
- 8 oz. soft tofu, drained and cut into cubes
- 1 Tbs. vegetable oil
- 1 small shallot, minced (1 Tbs.)
- 4 plum tomatoes, quartered, divided
- 1 tsp. turbinado sugar
- ¼ tsp. red pepper flakes, optional
- ½ cup canned straw mushrooms, rinsed, drained, and halved
- 2 Tbs. tomato sauce
- 2 tsp. tamarind paste
- ½ cup flat garlic chives, cut into 1-inch lengths
- 1 Tbs. coarsely chopped cilantro

- 1** Bring broth to a boil in saucepan. Add tofu, and simmer 3 minutes.
- 2** Heat oil in skillet over medium heat. Add shallot, and sauté 1 minute. Add 8 tomato quarters, sugar, and red pepper flakes (if using). Sauté 3 minutes more. Stir shallot mixture into broth with remaining 8 tomato quarters, mushrooms, and tomato sauce. Bring to a boil, and stir in tamarind paste. Serve garnished with garlic chives and cilantro.

PER 1-CUP SERVING 130 CAL; 6 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 266 MG SOD; 4 G FIBER; 6 G SUGARS **GF**



## THAI LEMONGRASS AND CHILE SOUP

**SERVES 4**

If you like the brothy soups served as appetizers in Thai restaurants, then you'll love this homemade version that comes together in minutes.

- 4 cups low-sodium vegetable broth
- 2 large lemongrass stalks, cut into 4-inch pieces
- 3 dried Thai kaffir lime leaves, optional
- 1 tsp. canola or vegetable oil
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. minced fresh ginger
- 1½ cups chopped oyster or white mushrooms
- 3 tsp. roasted red chile paste
- 2 Tbs. lime juice
- 2 Tbs. low-sodium tamari sauce
- 1 small tomato, seeded and finely chopped (¾ cup)
- 1 Tbs. finely chopped cilantro
- 2-3 small hot green chiles, seeded and halved, optional

- 1** Bring vegetable broth, lemongrass stalks, and kaffir lime leaves, if using, to a simmer in medium saucepan. Reduce heat to medium-low, and simmer 5 minutes.
- 2** Meanwhile, heat oil in small skillet over medium-high heat. Add garlic and ginger, and sauté 30 seconds.
- 3** Remove lemongrass stalks and kaffir lime leaves from broth. Stir garlic mixture into broth, return to a boil, then add mushrooms and chile paste. Cook 30 seconds, or until mushrooms begin to wilt. Stir in lime juice and tamari sauce.
- 4** Ladle soup into bowls. Top each with tomato, cilantro, and hot green chiles, if using.

PER 1-CUP SERVING 27 CAL; 1 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 518 MG SOD; 1 G FIBER; 0 G SUGARS **GF**





## HOT AND SOUR SOUP

### SERVES 4 | 30 MINUTES OR LESS


Apricots provide a surprising zing to this raw version of a favorite Chinese take-out soup.

- ½ cup mung bean sprouts
- 3 Tbs. low sodium tamari sauce
- 5 dried apricots
- 1½ cups chopped tomatoes
- ¼ cup thinly sliced green onion
- 2 Tbs. organic raw apple cider vinegar
- 1 Tbs. peeled and minced fresh ginger
- ½ cup diced cucumber or zucchini
- 1 jalapeño chile, seeded and minced (2 Tbs.)
- 2 Tbs. lime juice
- 2 Tbs. chopped cilantro
- 1 Tbs. agave nectar
- ¼ tsp. cayenne pepper, or to taste

**1** Stir together sprouts and tamari sauce, and let marinate while you prepare soup.

**2** Soak apricots in bowl of boiling water 5 minutes. Drain.

**3** Place apricots, tomatoes, green onion, vinegar, ginger, and 3 cups water in blender or food processor; blend until smooth. Transfer to serving bowl, and stir in cucumber, jalapeño, lime juice, cilantro, agave nectar, cayenne pepper, and sprout mixture.

PER 1-CUP SERVING 59 CAL; 2 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 682 MG SOD; 2 G FIBER; 10 G SUGARS 





## IN-A-HURRY BLACK BEAN CHILI

**6 SERVINGS | 30 MINUTES OR LESS**

The great thing about a veg chili? You don't have to simmer it for hours to cook the meat. Canned beans and seasoned, canned tomatoes and dried spices make quick work of this version. Substitute kidney or pinto beans (or both!) for the black beans. For a change of pace, serve the chili over quinoa instead of rice.

- 2 tsp. vegetable oil
- 1 medium onion, finely chopped (1½ cups)
- 1 medium green bell pepper, diced (1½ cups)
- 2 15-oz. cans black beans, rinsed and drained
- 1 14 oz. can Mexican-style stewed tomatoes
- 1 cup fresh or frozen corn kernels
- 2 jalapeño chiles, seeded and minced
- 2 cloves garlic, minced (2 tsp.)
- 1 Tbs. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- ⅛ tsp. cayenne pepper
- ⅓ cup chopped fresh cilantro

**1** Heat oil in large Dutch oven or saucepan over medium heat. Add onion and bell pepper, and sauté 5 minutes, or until softened.

**2** Stir in all remaining ingredients and ¾ cup water, and bring to a boil. Reduce heat to medium-low, and simmer 15 minutes.

PER 1-CUP SERVING 145 CAL; 7 G PROT; 1 G TOTAL FAT (0 G SAT FAT); 33 G CARB; 0 MG CHOL; 642 MG SOD; 9 G FIBER; 0 G SUGARS **GF**



## SHIITAKE MUSHROOM SOUP WITH WILTED KALE

**SERVES 6**

This brothy soup's flavor gets richer over time, so make a batch of it ahead, then ladle out servings as needed on busy weeknights.

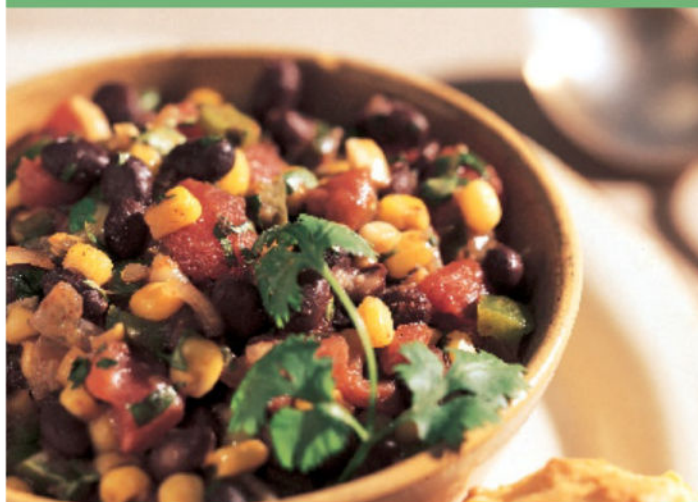
- ½ cup wheat berries
- 2 Tbs. olive oil
- 3.5 oz. shiitake mushrooms, stemmed and thinly sliced (1 cup)
- 10 cloves garlic, peeled and thinly sliced
- ¼ cup brown rice vinegar
- 4 cups low-sodium vegetable broth
- 1 bunch kale (10 oz.), stemmed and coarsely chopped

**1** Soak wheat berries in large bowl of cold water overnight.

**2** Heat oil in 2-qt. saucepan over medium heat. Add mushrooms, and season with salt, if desired. Sauté mushrooms 10 minutes, or until beginning to brown. Add garlic, and sauté 2 minutes more. Stir in vinegar; simmer until vinegar is almost evaporated, stirring to scrape up browned bits from pan.

**3** Drain wheat berries, and add to mushroom mixture with vegetable broth and 1 cup water. Bring to a boil, then reduce heat to medium-low, and simmer 20 minutes. Add kale, and cook 10 to 20 minutes more, or until kale is tender. Season with salt and pepper, if desired.

PER 1-CUP SERVING 138 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 103 MG SOD; 3 G FIBER; 4 G SUGARS **GF**





## HOMINY SALAD WITH BASIL-SHALLOT VINAIGRETTE


### SERVES 6 | 30 MINUTES OR LESS

Hearty hominy kernels fill out this summery salad, which makes a delicious lunch or light dinner when served on a bed of greens.

- 1 small shallot, minced (2 Tbs.)
- 2 Tbs. white wine or champagne vinegar
- ¼ cup olive oil
- ¼ cup finely chopped fresh basil
- 1 15-oz. can white hominy, rinsed and drained
- 1½ cups frozen lima beans, thawed
- 1 cup grape or teardrop tomatoes, halved
- 1 small yellow bell pepper, diced (1 cup)

**1** Whisk together shallot and vinegar in small bowl. Whisk in oil until emulsified, then whisk in basil. Season with salt and pepper, if desired.

**2** Toss together hominy, lima beans, tomatoes, and bell pepper in serving bowl. Drizzle with dressing, and toss again to coat.

PER ½-CUP SERVING 200 CAL; 6 G PROT; 12 G TOTAL FAT (3 G SAT FAT); 18 G CARB;  
5 MG CHOL; 254 MG SOD; 4 G FIBER; 3 G SUGARS 



## KALE, GREEN BEAN, AND TOFU SALAD

### SERVES 4 | 30 MINUTES OR LESS

So often, kale is the starring ingredient in salads. Here, it plays a supporting role for sliced vegetables and baked tofu.

- 6 oz. green or yellow wax beans, cut in half crosswise
- 1 lb. kale (1 lb.), stems removed, leaves torn into bite-sized pieces
- 1 medium orange bell pepper, cut into thin strips (1 cup)
- 1 4-oz. piece jicama (peeled) or 1 small cucumber (peeled and seeded), cut into 2-inch-long sticks
- 2 Tbs. toasted sesame oil
- 2 Tbs. unseasoned rice vinegar
- 1 Tbs. packed dark-brown sugar
- 1 Tbs. low-sodium soy sauce
- 1 tsp. sambal oelek, or other chile paste
- 1 6-oz. package Thai-flavored baked tofu, cut crosswise into ½-inch-thick strips

**1** Place beans and ¼ cup water in skillet, and bring to a boil over medium-high heat. Cover, and cook 3 minutes, or until beans are just tender. Drain, and rinse under cold water to cool. Drain again.

**2** Toss together beans, kale, bell pepper, and jicama in large bowl. Whisk together oil, vinegar, sugar, soy sauce, and sambal oelek in separate bowl. Season with salt and pepper, if desired. Pour dressing over salad, and toss to coat. Evenly divide salad among 4 bowls, and gently set tofu strips on each salad.

PER 2-CUP SERVING 241 CAL; 14 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 22 G CARB; 0 MG CHOL; 470 MG SOD; 5 G FIBER; 6 G SUGARS

### MAKE IT GLUTEN-FREE

Use tamari sauce instead of soy sauce, and gluten-free baked tofu.






## PEPPER AND OLIVE GRAIN SALAD

### 4 SERVINGS | 30 MINUTES OR LESS

Don't love olives? Don't let that stop you from making this salad. Omit them, and add your choice of nuts, seeds, capers, or vegan cheese instead.

- 1 cup quinoa
- $\frac{1}{3}$  cup red wine vinegar
- 2 tsp. olive oil
- 1 clove garlic, minced (1 tsp.)
- 1 medium red bell pepper, chopped ( $1\frac{1}{2}$  cups)
- 1 medium yellow bell pepper, chopped ( $1\frac{1}{2}$  cups)
- $\frac{1}{2}$  cup chopped cucumber
- $\frac{1}{4}$  cup sliced kalamata or other good-quality black olives
- $\frac{1}{4}$  cup chopped red onion
- $\frac{1}{4}$  cup chopped fresh parsley

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, make dressing: In small bowl, whisk together vinegar, oil, and garlic. Season to taste with salt and pepper. Set aside.
- 3 In large bowl, combine peppers, cucumber, olives, onion, and parsley. Mix well. Add dressing and toss to coat. Add quinoa; stir gently but thoroughly to combine. Serve warm or at room temperature.

PER SERVING 220 CAL; 7 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 38 G CARB; 0 MG CHOL; 85 MG SOD; 4 G FIBER; 0 G SUGARS 


## SPICY ORANGE SLAW

### SERVES 4 | 30 MINUTES OR LESS

Sweet orange juice concentrate and tangy lime juice create a richly flavored dressing base. Roasted pumpkin seeds, also known as pepitas, give the salad a healthy hit of protein. Try stuffing the slaw in a pita with slices of baked tofu, too.

- 2 cups packaged grated carrots
- 2 cups packaged shredded purple cabbage
- $\frac{1}{2}$  cup chopped cilantro
- $\frac{1}{4}$  cup roasted pumpkin seeds
- 3 Tbs. thawed frozen orange juice concentrate
- 1 Tbs. fresh lime juice
- $\frac{1}{2}$  tsp. ground cumin
- $\frac{1}{4}$  tsp. cayenne pepper
- $\frac{1}{4}$  tsp. coarse salt

Combine all ingredients in medium bowl; toss well to mix.

PER SERVING 131 CAL; 6 G PROT; 6.5 G TOTAL FAT (1 G SAT FAT); 15 G CARB; 0 MG CHOL; 172 MG SOD; 3 G FIBER; 9 G SUGARS 





## FRUIT SALAD WITH VANILLA-APPLE SYRUP

### SERVES 6

The syrup used in this salad is a wonderful all-purpose sweetener for vegan yogurt, iced tea, and cocktails. It also helps keep the fruit in the salad from turning brown. The fruits are just suggestions: Feel free to make the salad with six cups of whatever fruits you choose.

#### Vanilla-Apple Syrup


- 2 cups apple juice
- 2 2-inch strips lemon zest
- $\frac{1}{4}$  vanilla bean

#### Fruit Salad

- 2 medium mangoes, peeled and diced (2 cups)
- 1 pint strawberries, quartered (2 cups)
- 1 pint blueberries (2 cups)

**1** To make Vanilla-Apple Syrup: Place apple juice and lemon zest in medium saucepan. Slice vanilla bean in half and scrape seeds into juice. Add bean to pot as well. Bring to a boil over medium-high heat. Reduce to medium-low, and simmer 30 minutes, or until mixture is syruplike and reduced to  $\frac{1}{3}$  cup. Remove lemon zest and vanilla bean, and cool to room temperature.

**2** To make Fruit Salad: Toss mangoes, strawberries, and blueberries with Vanilla-Apple Syrup, and serve.

PER SERVING 129 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 32 G CARB; 0 MG CHOL; 4 MG SOD; 3 G FIBER; 18 G SUGARS 





# Sandwiches and wraps

Quickly-assembled and easy to eat—these sandwiches and wraps are ideal eats on the go

BAGUETTE WITH ROASTED RED  
PEPPER SPREAD [p. 58]



## BAGUETTE WITH ROASTED RED PEPPER SPREAD

### MAKES 6 SANDWICHES | 30 MINUTES OR LESS

This colorful spread is a fancy, vegan version of pimiento cheese. Slipping cucumber between the filling and the lettuce helps keep the greens from wilting en route to your destination.

- 1 7-oz. jar roasted red peppers, drained well, finely chopped
- 1 8-oz. container vegan cream cheese, softened
- 3 Tbs. finely minced onion
- 1 clove garlic, minced (1 tsp.)
- 2 18-inch French baguettes
- $\frac{3}{4}$  cup cucumber, peeled, seeded, and diced
- 12 romaine lettuce leaves
- 2 cups thinly sliced radicchio

- 1 Combine roasted red peppers, cream cheese, onion, and garlic in bowl.
- 2 Cut each baguette into three 6-inch pieces. Halve each piece lengthwise. Tear out some of center from bread to make space for fillings.
- 3 Spread cream cheese mixture on bottom halves of bread. Top with cucumber, lettuce, and radicchio, and cover with top half of bread.

PER SANDWICH 355 CAL; 16 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 61 G CARB; 0 MG CHOL; 815 MG SOD; 3 G FIBER; 4 G SUGARS



## EDAMAME PÂTÉ SANDWICHES

### SERVES 4 | 30 MINUTES OR LESS

The pâté can also be spread on crackers, or thinned with additional water and used as a dip.

- 1  $\frac{1}{4}$  cups frozen shelled edamame, thawed
- $\frac{1}{2}$  cup walnuts
- $\frac{1}{3}$  cup mint leaves (packed)
- 1 green onion, chopped
- $\frac{1}{2}$  tsp. salt
- 3 Tbs. lemon juice
- 8 slices whole-grain bread
- 2 cups arugula
- 4 jarred roasted red peppers, drained
- 2 small cucumbers, thinly sliced

- 1 Purée edamame, walnuts, mint, green onion, and salt in food processor until finely chopped. With motor running, add lemon juice and 3 Tbs. water. Process until smooth.
- 2 Spread each of 4 bread slices with  $\frac{1}{3}$  cup pâté. Add  $\frac{1}{2}$  cup arugula, 1 roasted pepper, and cucumbers to each. Top with remaining bread slices.

PER SANDWICH 294 CAL; 14 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 0 MG CHOL; 806 MG SOD; 9 G FIBER; 7 G SUGARS







## SOY-SESAME BOK CHOY ROLLS

**SERVES 4 | 30 MINUTES OR LESS**

If you can't find large, firm bok choy leaves to use as wrappers for this recipe, use smaller ones as "cups," and serve the filling alongside. For take-along ease, pack the filling and leaves separately, then assemble just before eating.

- 6 large bok choy leaves
- 7½ oz. sprouted tofu, drained and cut into small cubes (1½ cups)
- 1 cup shredded carrots
- 4 green onions, thinly sliced (½ cup)
- ¼ cup plus 1 Tbs. low-sodium teriyaki sauce

**1** Trim stems from bok choy leaves. Finely chop stems, and toss in bowl with tofu cubes, carrots, green onions, and teriyaki sauce.

**2** Place 1 bok choy leaf on work surface with stem end closest to you. Spoon 2 Tbs. tofu mixture in "cup" of leaf near tip end. Fold leaf around filling. Repeat with remaining ingredients.

PER SERVING (4 ROLLS) 95 CAL; 9 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 9 G CARB; 0 MG CHOL; 477 MG SOD; 3 G FIBER; 5 G SUGARS



## GRILLED VEGETABLE WRAPS

### MAKES 2 WRAPS | 30 MINUTES OR LESS

When you roast asparagus, bell pepper, and squash for this recipe, you'll be making extra veggies that can be added to salads, pasta, or rice dishes later in the week.

- 12 thin asparagus spears, trimmed
- 1 small red bell pepper, cut into ½-inch strips (1 cup)
- 1 small yellow summer squash or zucchini, cut into ¼-inch-thick rounds (1 cup)
- 1 Tbs. olive oil
- ½ cup white beans
- 1 small clove garlic, minced (½ tsp.)
- ½ tsp. red chile sauce, such as sriracha
- 2 8-inch whole-grain tortillas
- 6 small whole basil leaves
- 8 thin slices red onion
- 1 cup baby arugula leaves

**1** Preheat grill or broiler. Toss together asparagus, bell pepper, squash, and oil on large baking sheet. Season with salt and pepper, if desired. Grill or broil vegetables 4 to 6 minutes per side, turning once.

**2** Mash together beans, garlic, and chile sauce in small bowl until smooth. Spread half of bean mixture over each tortilla. Top each with 3 basil leaves, ½ cup roasted vegetables, 4 onion slices, and ½ cup arugula. Fold bottom third of tortillas over vegetables, and roll up tightly, tucking in sides as you go. Cut wraps in half on diagonal. Serve immediately, or wrap each half in foil or wax paper, and chill until ready to eat.

PER WRAP 228 CAL; 11 G PROT; 3 G TOTAL FAT(<1 G SAT FAT); 51 G CARB; 0 MG CHOL; 419 MG SOD; 8 G FIBER; 3 G SUGARS

### MAKE IT GLUTEN-FREE

Use a gluten-free wrap or tortilla.





## MEDITERRANEAN POCKET

### SERVES 1 | 30 MINUTES OR LESS

Strapped for time? This sandwich comes together in minutes. Feel free to include some jarred roasted red pepper strips, shredded carrot, or red cabbage.

- ½ cup sliced green-leaf lettuce
- 2 Tbs. chopped pitted green olives
- 2 tsp. jarred vegan Italian dressing
- 1 6-inch whole-wheat pita pocket
- ¼ avocado, thinly sliced
- Fresh tomato slices

**1** In small bowl, mix together lettuce, olives, and Italian dressing.

**2** Cut pita crosswise in half, and stuff with lettuce mixture. Tuck in avocado and tomato slices, and serve.

PER SERVING 242 CAL; 6 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 37 G CARB; 0 MG CHOL; 631 MG SOD; 6 G FIBER; 0 G SUGARS

## HEMP HUMMUS PITA POCKETS

### SERVES 2 | 30 MINUTES OR LESS

Hemp seeds make these extra hearty.

- 1½ cups cooked chickpeas, or one 15-oz. can chickpeas, rinsed and drained
- 2 tsp. minced garlic
- 3 Tbs. hemp seeds
- 2 Tbs. lemon juice
- ½ cup diced cucumber
- ½ cup diced tomato
- ¼ cup chopped green bell pepper
- ¼ cup chopped parsley
- 2 Tbs. chopped green onion
- ½ tsp. olive oil
- 1 whole-wheat pita

**1** Bring chickpeas, garlic, and ½ cup water to a boil in small saucepan. Cook 1 minute, remove from heat, and coarsely mash. Stir in hemp seeds and lemon juice; season with salt and pepper, if desired. Cool.

**2** Combine cucumber, tomato, pepper, parsley, onion, and oil in small bowl; season with salt and pepper, if desired.

**3** Fill ½ whole-wheat pita with ⅓ cup hummus and ½ cup cucumber salad.

PER SERVING (½ STUFFED PITA) 395 CAL; 20 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 60 G CARB; 0 MG CHOL; 449 MG SOD; 13 G FIBER; 10 G SUGARS





## VEGGIE CLUB SANDWICHES

### SERVES 4 | 30 MINUTES OR LESS

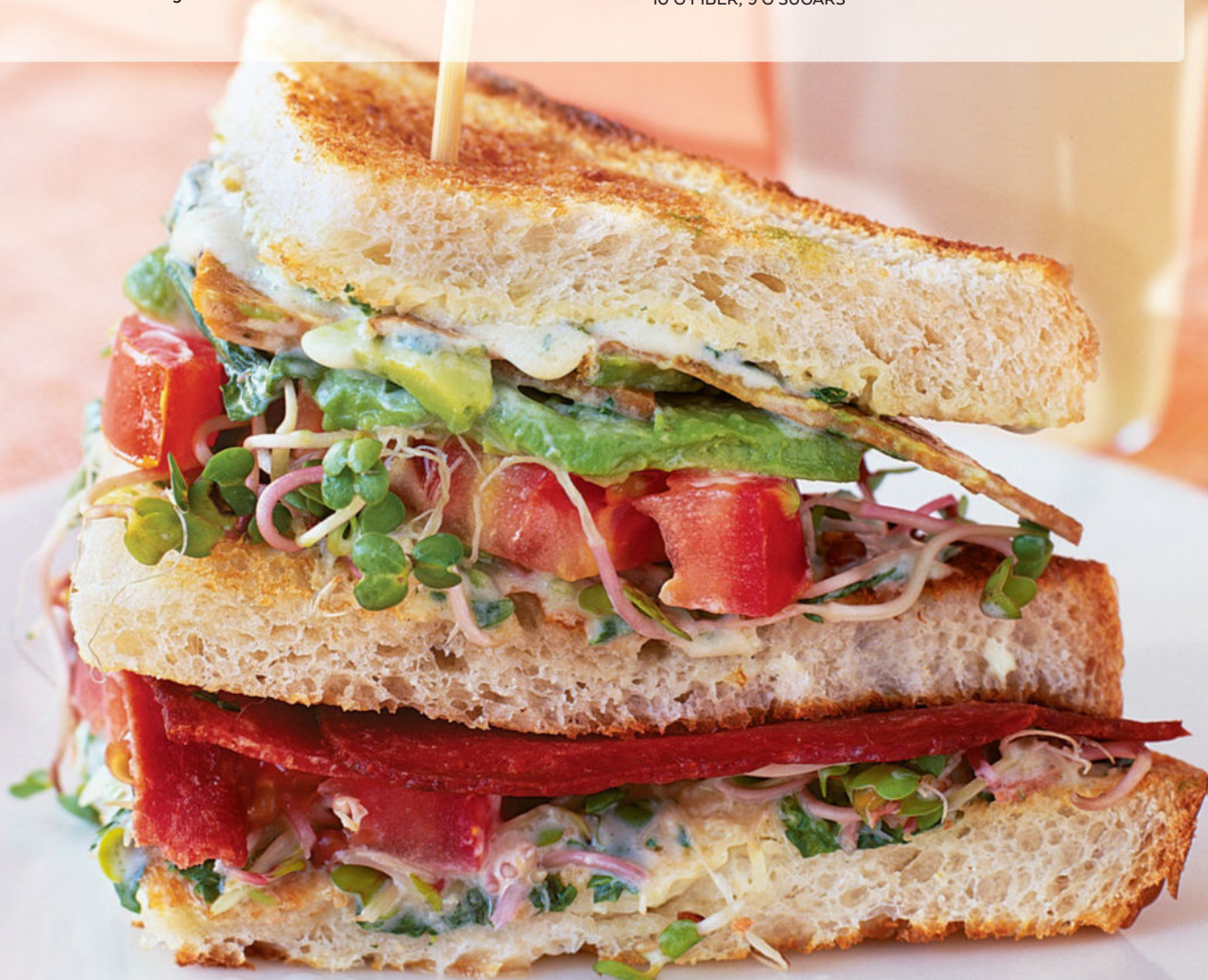
Classic club sandwiches are meat-laden, mayonnaise-slathered, three-layer creations that contain enough fat and calories for an entire day. Here, veg fillings and a creamy arugula spread lighten the fat and calories without compromising flavor.

- ½ cup vegan mayonaise
- ¼ cup chopped arugula
- 12 slices toasted whole-wheat sourdough bread, divided
- 1 cup radish sprouts
- 2 medium tomatoes, sliced ½-inch thick (8 slices)
- 8 slices meatless bacon strips, cooked
- 1 avocado, peeled, halved, and sliced
- 12 slices deli-style meatless smoked chicken

**1** Combine mayonaise and arugula in medium bowl. Spread on 4 slices toasted bread.

**2** Divide radish sprouts over sandwich spread. Top each with 1 tomato slice and 2 bacon strips. Add a second layer of toast to each sandwich, and top each with 1 more tomato slice, then avocado and meatless smoked chicken. Spread remaining mayonaise mixture over remaining 4 toast slices, and place over chicken. Secure sandwiches with decorative toothpicks, and cut into 4 triangles.

PER SERVING 628 CAL; 24 G PROT; 30.5 G TOTAL FAT (4 G SAT FAT); 57 G CARB; 0 MG CHOL; 763 MG SOD; 10 G FIBER; 9 G SUGARS





# Snacks

Munch on these healthy options to satisfy cravings and get an energy boost on busy days



ADZUKI-BEET PÂTÉ [ p. 67 ]



## DEHYDRATED SWEET POTATO CHIPS


### SERVES 6

Unlike white potatoes, sweet potatoes do not have to be cooked before they're eaten. We've seasoned these wholesome chips with rosemary, but you can substitute other dried spices, such as garlic powder, onion powder, nutritional yeast, paprika, or cayenne pepper.

- 1 large sweet potato
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- 1 tsp. dried rosemary, crushed
- ½ tsp. sea salt

**1** Cut sweet potato into paper-thin slices with mandoline or sharp knife. Place slices in bowl, and gently rub in oil and lemon juice until well coated. Add rosemary and salt, and toss to combine.

**2** Lay slices on dehydrator trays without overlapping. Dehydrate 6 to 10 hours, or until crispy, shifting trays as necessary to dry chips evenly. Turn off dehydrator, and cool chips completely. Store in airtight container for several weeks.

PER 1-CUP SERVING 68 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 142 MG SOD; 1 G FIBER; 2 G SUGARS 

## DEHYDRATED KALE CHIPS


### SERVES 4

Nutritional yeast gives these snacks a tangy, almost-cheesy flavor. If you're concerned about gluten, make sure the brand of nutritional yeast you use was grown on beets, not barley.

- 1 12-oz. bunch curly kale, center stems removed, each leaf torn into 4 pieces (6 cups)
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- ½ tsp. sea salt
- 3 Tbs. nutritional yeast

**1** Place kale in bowl. Rub oil, lemon juice, and salt into leaves with hands. Add nutritional yeast, and toss well.

**2** Spread kale onto dehydrator trays without overlapping. Dehydrate 2 to 4 hours, or until dry and crispy. Turn off dehydrator, and cool completely.

PER ½-CUP SERVING 117 CAL; 6 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 10 G CARB; 0 MG CHOL; 231 MG SOD; 3 G FIBER; <1 G SUGARS 



## MINI SESAME-CUCUMBER HAND ROLLS

### MAKES 24 ROLLS


Hand rolls, or temaki, offer an easy, single-serving way to eat sushi. Pack four or five of these for lunch, or make a batch to take to your next picnic.

- 1 cup sushi rice, rinsed and drained several times
- 6 Tbs. plus 2 tsp. sushi seasoning, divided
- $\frac{1}{4}$  cup gomashio
- 2 Persian cucumbers or 1 English cucumber, peeled, seeded, and cut into 2-inch-long matchsticks (2 cups)
- 8 sheets toasted nori

**1** Cook rice in saucepan according to package directions. Cool, covered, in saucepan 5 minutes, then stir in 6 Tbs. sushi seasoning. Cool until just warm, then stir in gomashio.

**2** Toss cucumbers with remaining 2 tsp. sushi seasoning. Drain in sieve, and set aside.

**3** Cut each nori sheet into 3 strips. Place 1 strip on work surface with long end nearest you. Spoon 1 Tbs. rice mixture on one end of nori strip, and flatten a little. Top with 5 or 6 cucumber matchsticks. Lift bottom corner under rice and cucumber, and roll nori strip around mixture to form small cone. Seal cone with 1 or 2 grains of rice. Repeat with remaining nori strips, rice, and cucumber.

PER ROLL 45 CAL; <1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 7 G CARB; 0 MG CHOL; 349 MG SOD; <1 G FIBER; 2 G SUGARS 



## OVEN-BAKED SUNCHOKES CHIPS WITH GARLIC AND SMOKED PAPRIKA


### SERVES 4

The high starch content of sunchokes makes them crisp up quickly in the oven. These chips are simply seasoned with salt, pepper, and paprika, but you could easily spice things up with a different blend.

- 1 lb. small unpeeled sunchokes, scrubbed and cut into  $\frac{1}{8}$ -inch-thick slices
- 1 Tbs. garlic oil
- $\frac{1}{4}$  tsp. coarse salt
- $\frac{1}{4}$  tsp. smoked paprika
- $\frac{1}{4}$  tsp. freshly ground black pepper

**1** Preheat oven to 400°F. Line baking sheet with foil.

**2** Toss together all ingredients in large bowl. Arrange sunchoke slices in single layer on prepared baking sheet, and bake 15 minutes. Flip chips with tongs, and bake 15 minutes more, or until crisp and golden. Serve warm or at room temperature.

PER  $\frac{1}{2}$ -CUP SERVING 114 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 125 MG SOD; 2 G FIBER; 11 G SUGARS 





## NUTTY SNACK MIX

### SERVES 4 | 30 MINUTES OR LESS

Toasting the nuts before stirring this snack mix together adds a rich, roasted flavor you can only get at home.

- ½ cup whole almonds
- ½ cup walnut pieces
- ⅓ cup roasted soy nuts, salted or plain
- ¼ cup dried blueberries, coarsely chopped
- 1 slice candied ginger, very finely chopped, optional

- 1 Preheat oven to 350°F.
- 2 Spread almonds and walnuts on baking sheet. Bake 6 minutes, stir, and bake 4 minutes longer. When cool enough to handle, cut almonds in half crosswise.
- 3 In bowl, combine roasted nuts, soy nuts, blueberries, and ginger, if using.

PER ⅓ SERVING 280 CAL; 9 G PROT; 21 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 9 MG SOD; 3 G FIBER; 5 G SUGARS

## ASIAN-STYLE SNACK MIX

### SERVES 8 | 30 MINUTES OR LESS

Taking a cue from Asian flavors, this mix has it all: crunchy, salty, and a little bit spicy.

- ½ cup small seaweed-wrapped rice crackers
- 1 cup low-salt sesame sticks
- 1 cup unsalted, roasted peanuts
- 1 cup wasabi peas
- ½ cup goji berries

Combine all ingredients in bowl. Store in resealable plastic bag.

PER ½-CUP SERVING 59 CAL; 9 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 28 G CARB; 0 MG CHOL; 171 MG SOD; 4 G FIBER; 6 G SUGARS





## ADZUKI-BEET PÂTÉ

### MAKES 2 ½ CUPS

The sweet, deep flavors of caramelized onions and cooked beets pair beautifully with small, red adzuki beans. Try this pâté as a spread for crackers, a dip for crudité, or a topping for whole grains.

- 2 medium beets
- 2 Tbs. olive oil
- 1 medium red onion, diced
- 3 cloves garlic, chopped (1 Tbs.)
- ¾ tsp. sea salt, plus more to taste
- 2 tsp. balsamic vinegar
- 2 tsp. mirin (rice wine)
- 1 cup cooked adzuki beans
- ¼ cup raw cashew butter
- 1 Tbs. apple cider vinegar

**1** Bring beets and enough water to cover to a boil in medium saucepan. Reduce heat to medium-low, and simmer 35 to 40 minutes, or until beets are tender. Remove from heat, drain beets, and slip off skins under cool running water. Cut beets into 1-inch dice, and set aside.

**2** Heat oil in large skillet over medium heat. Add onion, and sauté 8 minutes, or until beginning to brown. Add garlic and salt, and cook 5 minutes more, or until onions caramelize. Remove pan from heat, and stir in balsamic vinegar and mirin; set aside

**3** Place beans in food processor; add cashew butter, vinegar, beets, and caramelized onions. Blend until smooth, scraping sides of bowl as needed. Season with salt and pepper, if desired.

PER ¼-CUP SERVING 109 CAL; 3 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 11 G CARB; 0 MG CHOL; 155 MG SOD; 3 G FIBER; 2 G SUGARS **GF**



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# Vegan AT THE PARTY

Hosting or attending a get-together as a vegan means making or taking dishes that everyone in attendance can enjoy. From Sunday brunch to summer barbecues, the recipes here are guaranteed to please veg and omnivore guests alike.

## APPETIZERS

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## LET'S DO BRUNCH

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## ONE-POT PARTY DISHES

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## CROWD-PLEASING DESSERTS

Vanilla-Almond Cream Tartlets [ p. 93 ]  
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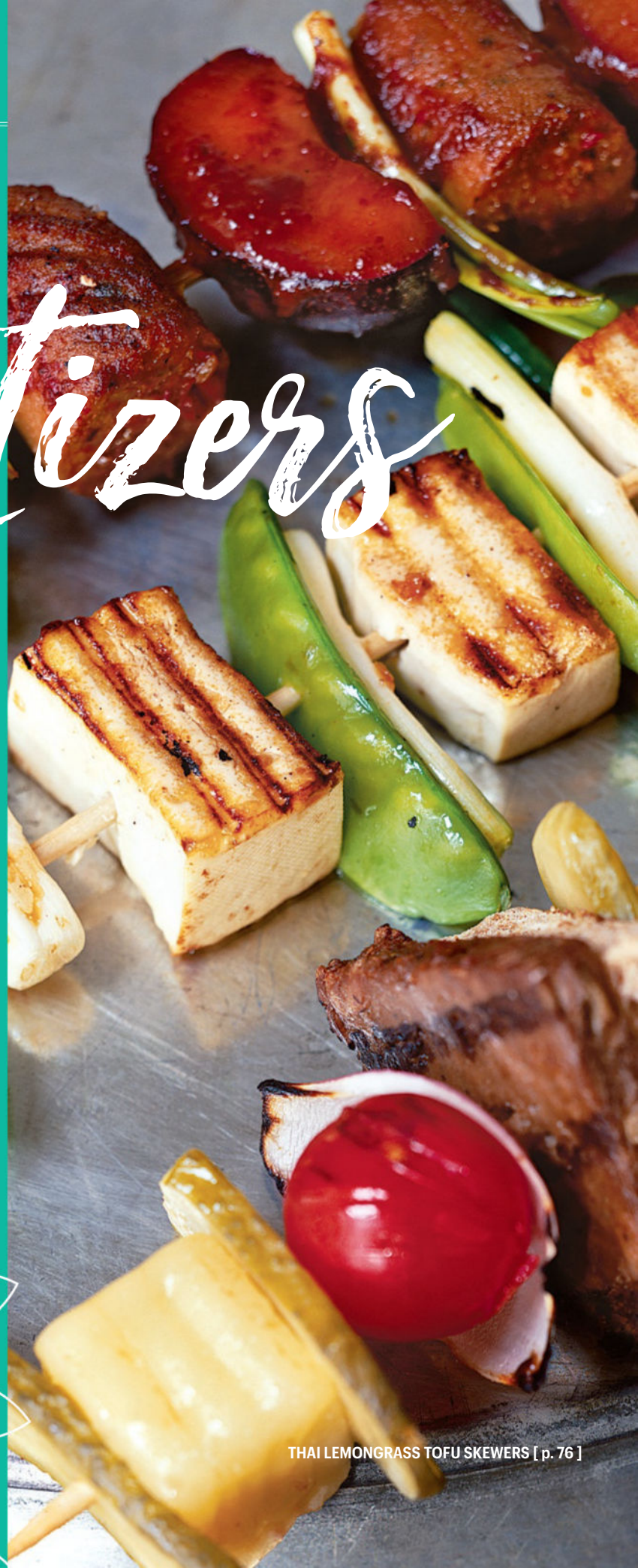


RICH AND CREAMY CASHEW CHEESE [ p. 75 ]



# Appetizers

Spicy, crunchy, creamy, grilled—these scrumptious starters will whet guests' appetites with fresh, light flavors



THAI LEMONGRASS TOFU SKEWERS [ p. 76 ]



## AVOCADO CHIMICHURRI BRUSCHETTA

### SERVES 6 | 30 MINUTES OR LESS

Talk about a fusion of world cuisines! Cubes of avocado are folded into chimichurri—an Argentinean sauce made of chopped parsley, cilantro, garlic, vinegar, and oil—to create a Latin variation on bruschetta, a classic Italian starter.

- 2 Tbs. lemon juice
- 2 Tbs. red wine vinegar
- 3 cloves garlic, minced (1 Tbs.)
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. red pepper flakes
- $\frac{1}{2}$  tsp. dried oregano
- $\frac{1}{4}$  tsp. ground black pepper
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup cilantro, chopped
- $\frac{1}{4}$  cup fresh parsley, chopped
- 2 avocados, peeled, pitted, and cubed
- 6  $\frac{1}{2}$ -inch-thick slices whole-grain or ciabatta bread, toasted

Combine lemon juice, vinegar, garlic, salt, red pepper flakes, oregano, and black pepper in small bowl. Whisk in oil, then stir in cilantro and parsley. Fold in avocado cubes. Spoon avocado mixture onto toast slices, and serve.

PER SERVING 247 CAL; 5 G PROT; 18 G TOTAL FAT (3 G SAT FAT); 20 G CARB; 0 MG CHOL; 431 MG SOD; 6 G FIBER; 2 G SUGARS



## DAIRY-FREE RANCH DIP

### MAKES 2 CUPS | 30 MINUTES OR LESS

If you can't find silken tofu, blend soft tofu in a food processor 3 minutes, or until very smooth, before adding remaining ingredients.

- 7 oz. silken tofu, drained
- $\frac{3}{4}$  cup vegan sour cream
- 3 Tbs. red wine vinegar
- 1 tsp. light-brown sugar
- $\frac{3}{4}$  tsp. onion powder
- $\frac{1}{4}$  tsp. garlic powder
- 3 Tbs. finely chopped chives
- 2 Tbs. finely chopped parsley

Place tofu, sour cream, vinegar, brown sugar, onion powder, and garlic powder in bowl of food processor, and blend until smooth. Transfer to serving bowl and stir in chives and parsley. Season with salt and pepper, and serve with pita chips or sliced vegetables, if desired.

PER TABLESPOON 12 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 1 G CARB; 0 MG CHOL; 25 MG SOD; 0 G FIBER; <1 G SUGARS





## SUGAR SNAP PEA SUMMER ROLLS

**SERVES 8 | 30 MINUTES OR LESS**

These elegant, Vietnamese-style summer rolls make a big impact at any gathering, but are easy to make. The rice-paper wrappers can be found in any Asian grocery store. Once you've mastered making the rolls—which is as simple as rolling a burrito—you can fill them with anything from shredded vegetables to seasoned tofu. The sesame seeds add a nice crunch.

### Dipping Sauce

- ¼ cup low-sodium soy sauce
- ¼ cup rice wine vinegar
- ¼ cup water
- 2 tsp. sesame oil
- 1 tsp. sambal oelek

### Summer Rolls

- 32 sugar snap peas (about 12 oz.)
- 1 carrot, cut into thin strips
- 8 scallions, sliced, lengthwise in strips
- 8 oz. rice vermicelli
- 2 Tbs. toasted sesame seeds
- 1 tsp. lime juice
- ½ tsp. salt
- ¼ tsp. white pepper
- 8 rice-paper wrappers
- 32 fresh mint leaves, plus extras

**1** To make Dipping Sauce: Whisk all ingredients together in small bowl.

**2** To make Summer Rolls: Bring pot of salted water to a boil. Cook snap peas 2 minutes. Drain, and immediately plunge into cold water.

**3** Place rice vermicelli in large bowl, and pour boiling water over to cover; let stand 3 minutes. Drain, and rinse with cold water. Return noodles to bowl, and stir in lime juice, sesame seeds, salt, and pepper.

**4** Place one rice-paper wrapper on clean work surface. Dip clean dish towel in cold water, and moisten wrapper on both sides to soften, making sure to wet edges well. When soft, place 4 mint leaves in line down center. Top with ¼ cup noodle mixture, placing it in log shape and leaving about 1 inch of space on each side. Set 4 cooked sugar snap peas on top of noodles. Place scallion on top, and scatter with 4 or 5 carrot strips.

**5** To close roll, gently lift top edge of rice-paper wrapper from work surface, and roll it tightly once over filling. Carefully fold in both sides over filling, and roll wrapper toward you tightly to seal. Repeat with remaining wrappers and filling ingredients. If not eating immediately, chill well. Serve with dipping sauce and extra mint leaves.

PER SERVING 190 CAL; 6 G PROT; 2 G TOTAL FAT (0 G SAT FAT); 35 G CARB; 0 MG CHOL; 370 MG SOD; 2 G FIBER; 3 G SUGAR





## RICH AND CREAMY CASHEW CHEESE

### MAKES 16 OZ.

This spread can be flavored in various ways for a quick-and-easy party appetizer. Try blending in ½ cup chopped parsley and chives; 2 Tbs. diced chipotles in adobo sauce; or 2 tsp. dried herbs (oregano, basil, tarragon) in the food processor after the base mixture has been processed smooth.

- 2 cups raw, unsalted cashews, soaked 12–24 hours, and drained
- 2 Tbs. nutritional yeast
- 1 Tbs. lemon juice
- 2 tsp. white balsamic vinegar
- ¼ tsp. granulated onion powder
- ¼ tsp. granulated garlic powder
- ¼ tsp. white pepper, optional

Place cashews in bowl of food processor. Process 1 minute, or until rough paste forms. Add ½ cup water and remaining ingredients. Process 3 to 5 minutes, until smooth. Transfer to lidded container, and refrigerate 12 hours to allow to thicken. Spread on sandwiches, crackers, or pita.

PER 1-OZ SERVING 82 CAL; 3 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 5 G CARB; 0 MG CHOL; 370 MG SOD; <1 G FIBER; <1 G SUGARS





## THAI LEMONGRASS TOFU SKEWERS

### SERVES 4

Fresh lemongrass has become a regular item at many farmers' markets, making this recipe even easier to whip up on the grill.

- 16 oz. extra-firm tofu
- 1 stick lemongrass, peeled and chopped
- 1 shallot, finely chopped
- 2 tsp. minced fresh ginger
- $\frac{1}{3}$  cup low-sodium soy sauce
- $\frac{1}{3}$  cup fresh lime juice
- $\frac{1}{4}$  cup light-brown sugar
- 1 Tbs. toasted sesame oil
- 5 green onions, trimmed, each cut into 4 pieces
- 20 snap peas
- 16 Boston lettuce leaf cups
- $\frac{1}{2}$  cup loosely packed mint leaves
- $\frac{1}{4}$  cup dry-roasted peanuts, chopped

**1** Drain tofu between 2 cutting boards set on angle over sink, 1 hour. Cut into 16 cubes.

**2** Purée lemongrass, shallot, and ginger to paste in food processor. Whisk together soy sauce, lime juice, brown sugar, sesame oil, and 2 Tbs. water in bowl. Transfer half of soy sauce mixture to bowl for dipping sauce. Add lemongrass mixture to remaining soy sauce mixture.

**3** Toss together tofu, green onions, snap peas, and lemongrass-soy sauce mixture, and marinate 30 minutes.

**4** Oil grill grates, and preheat grill to medium. Thread 4 tofu cubes, 5 green onions, and 5 snap peas onto each of 4 skewers. Place on grill, close hood, and cook 4 minutes. Turn, close hood, and cook 4 minutes more. Transfer to platter. Slide skewer ingredients off with lettuce; garnish with mint, peanuts, and sauce.

PER SERVING 281 CAL; 16 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 26 G CARB; 0 MG CHOL; 603 MG SOD; 4 G FIBER; 16 G SUGARS



## BAKED ONION RINGS

### SERVES 4

Crunchy on the outside, tender and sweet on the inside, these battered and baked onion rings are an instant party hit—with fewer calories than fried rings.

- 1 cup all-purpose flour
- $\frac{1}{4}$  tsp. salt, divided
- $\frac{1}{4}$  cup tonic water
- 1 cup plain breadcrumbs
- 1 Tbs. vegetable oil
- 2 medium sweet onions, cut into  $\frac{1}{2}$ -inch-thick slices

**1** Coat baking sheet with cooking spray. Whisk together flour and  $\frac{1}{2}$  tsp. salt in bowl. Whisk in tonic water, adding more, if necessary, to make pancakelike batter.

**2** Combine breadcrumbs, oil, and remaining  $\frac{1}{4}$  tsp. salt in shallow bowl.

**3** Separate onions into rings. Dip each onion ring into batter, shaking off excess, then dip into breadcrumbs, coating completely. Place on prepared baking sheet, then place baking sheet in freezer 20 minutes to set batter on rings.

**4** Preheat oven to 450°F. Bake onion rings 7 to 10 minutes, or until they begin to brown on bottoms. Flip, and bake 7 to 10 minutes more, or until golden. Season with salt, if desired.

PER SERVING (6 ONION RINGS) 321 CAL; 8 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 60 G CARB; 0 MG CHOL; 650 MG SOD; 4 G FIBER; 15 G SUGARS





# Let's Do brunch

Brunch classics are transformed into flavorful vegan favorites that can hold their own at any gathering



ASPARAGUS WITH VEGAN HOLLANDAISE [ p. 79 ]



## ALMOND OAT SCONES WITH SALTED VANILLA BEAN GLAZE

### MAKES 8 SCONES

These scones have an incredibly light texture and a slightly salty glaze that's irresistible—and they're made with a gluten-free flour blend so everyone can enjoy them.

#### Scones

- 5 Tbs. virgin coconut oil, softened but not melted
- ½ cup plus 2 ½ Tbs. unsweetened almond milk
- 1 Tbs. ground flaxseed meal
- 1 cup arrowroot powder
- ¾ cup blanched almond flour
- ¾ cup gluten-free oat flour
- ½ cup mini non-dairy chocolate chips
- 6 Tbs. sorghum flour
- ½ cup natural cane sugar
- 1 Tbs. baking powder
- 1 tsp. xanthan gum
- ¼ tsp. salt

#### Glaze

- ¾ cup confectioners' sugar
- 1 Tbs. almond milk
- 1 Tbs. virgin coconut oil, melted
- ¼ tsp. sea salt
- 1 vanilla bean, halved, seeds scraped from inside, pod reserved for another use

**1** To make Scones: Place sheet of parchment paper on counter. Spread coconut oil into ¼-inch-thick layer on parchment with back of spoon, forming small rectangle. Freeze 1 hour, or until coconut oil is solid.


**2** Preheat oven to 425°F, and line baking sheet with parchment paper.

**3** Stir together almond milk and flaxseed meal in small bowl. Set aside to thicken. Whisk together remaining Scones ingredients in large bowl.

**4** Break up frozen coconut oil into pea-sized pieces. Stir coconut oil pieces into dry ingredients. Stir in almond milk mixture until dough is dry and crumbly. Knead dough with hands several times until dough comes together, adding more almond milk, if necessary. (Keep dough as dry as possible. Wet dough will spread too much when baked.)

**5** Shape dough into 1½-inch-thick disk. Cut disk into 8 wedges, and place wedges 3 inches apart on parchment-lined baking sheet. Bake scones 11 to 13 minutes, or until golden around bottom edges. Cool on baking sheet 7 to 8 minutes, then transfer to rack to cool completely.

**6** To make Glaze: Whisk together all ingredients until smooth. Drizzle over scones.

PER Scone 420 CAL; 5 G PROT; 23 G TOTAL FAT (13 G SAT FAT); 54 G CARB; 0 MG CHOL; 396 MG SOD; 5 G FIBER; 23 G SUGARS 





## SPICY HEMP BREAKFAST SAUSAGES

### MAKES 24 SAUSAGE PATTIES OR LINKS

Masa harina, the corn flour used to make tortillas and tamales, holds these sausages together. The mixture can be shaped into patties or links and refrigerated three days, or frozen up to six months.

#### Spice Liquid

- 2 Tbs. pure maple syrup
- 2 Tbs. dried parsley
- 2 Tbs. rubbed dried sage
- 2 tsp. garlic powder
- 2 tsp. liquid smoke
- 1½ tsp. dried oregano
- 1½ tsp. smoked paprika
- 1½ tsp. black pepper, preferably coarsely ground
- 1½ tsp. salt
- 1½ tsp. dried thyme
- ¼ tsp. red pepper flakes

#### Sausage Mix

- ½ cup plus 2 Tbs. masa harina
- 1 cup hemp seeds
- 1 tsp. olive oil, plus ¼ cup more for cooking sausages, optional
- 1 15-oz. can pinto or kidney beans, rinsed and drained


**1** To make Spice Liquid: Place all ingredients in medium bowl. Stir in 2 cups boiling water. Set aside 5 minutes to steep and develop flavor.

**2** To make Sausage Mix: Stir 1 cup warm Spice Liquid into masa harina. Let stand 5 minutes to rehydrate masa harina, then stir in hemp seeds.

**3** Heat 1 tsp. oil in large skillet over medium-high heat. Add ½ cup beans and ⅓ cup Spice Liquid. Using potato masher or back of spoon, mash beans into Spice Liquid. Cook 3 to 4 minutes, or until liquid evaporates, stirring frequently. Add ½ cup beans and ⅓ cup Spice Liquid, and mash and cook again, stirring. Add remaining ½ cup beans and remaining ⅓ cup Spice Liquid, and cook 5 to 7 minutes, or until mixture is thick and dry.

**4** Stir bean mixture into masa harina mixture. Cool, or refrigerate overnight.

**5** Use damp hands to shape Sausage Mix into 2-inch patties or small links. Coat nonstick skillet with cooking spray, or heat ¼ cup oil, if using, in skillet over medium heat. Cook sausages 3 to 5 minutes on each side, or until deep brown and crispy. Drain on paper towels. Cool 3 to 5 minutes before serving.

PER SAUSAGE 73 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 173 MG SOD; <1 G FIBER; 1 G SUGARS 



## ASPARAGUS WITH VEGAN HOLLANDAISE


### SERVES 6 | 30 MINUTES OR LESS

Classic hollandaise sauce is mostly egg yolks and butter (with a few seasonings thrown in). This vegan version uses steamed silken tofu for the same creamy consistency, and you don't need to worry about the sauce curdling or turning. For brunch ease, make the sauce ahead.

- ½ cup silken tofu
- 2 Tbs. lemon juice
- 1 Tbs. nutritional yeast
- ½ tsp. salt
- ⅛ tsp. cayenne pepper
- ⅛ tsp. turmeric
- 2 Tbs. corn oil
- 2 lb. asparagus, trimmed

**1** Heat tofu on plate in microwave 30 to 45 seconds, or until warmed through. Transfer to food processor, and purée until smooth. Add lemon juice, nutritional yeast, salt, cayenne, and turmeric; pulse until well combined. With food processor running, add oil in steady stream to finish sauce.

**2** Steam asparagus 2 minutes, or until crisp-tender. Drain, and serve with sauce.

PER SERVING 73 CAL; 3 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 5 G CARB; 0 MG CHOL; 206 MG SOD; 2 G FIBER; 1 G SUGARS 



## SWEET POTATO AND BLACK BEAN HASH

**SERVES 4 | 30 MINUTES OR LESS**


Canned black beans and frozen corn kernels are the shortcut ingredients in this hearty brunch entrée with a South American accent. Serve with chopped fresh cilantro and lime wedges (to squeeze over the top) if desired.

- 2 tsp. vegetable oil
- 2 medium onions, chopped (3 cups)
- 1 medium sweet potato, peeled and cut into ¾-inch dice
- 1 jalapeño chile, seeded and minced
- 2 cloves garlic, minced
- 4 tsp. ground cumin
- ½ tsp. salt
- 1 15-oz. can black beans, drained and rinsed
- ¾ cup frozen corn

**1** Heat oil in large skillet over medium-high heat. Add onions, and sauté 5 minutes, or until softened.

**2** Add sweet potato, and cook 3 minutes, or until beginning to brown in spots, stirring often. Stir in jalapeño, garlic, cumin, and salt. Cook 30 seconds. Add ¾ cup water, and cook 5 minutes, or until potatoes are tender, scraping any browned bits from bottom of pan.

**3** Stir in beans and corn, and cook 3 to 4 minutes, or until heated through. Season with salt and pepper, if desired.

PER SERVING 207 CAL; 9 G PROT; 3 G TOTAL FAT (0 G SAT FAT); 38 G CARB; 0 MG CHOL; 279 MG SOD; 9 G FIBER; 0 G SUGARS 



## OATMEAL PANCAKES

**SERVES 4 | 30 MINUTES OR FEWER**

This vegan version of classic restaurant pancakes uses apple cider vinegar combined with soymilk to create a buttermilk-like zing.

- ¾ cup unsweetened soymilk
- 2 tsp. apple cider vinegar
- 1 Tbs. maple syrup, plus more for drizzling, optional
- 2 tsp. canola oil, plus more for oiling pan
- ½ cup rolled oats
- ½ cup whole-wheat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt

**1** Combine soymilk, vinegar, maple syrup, and oil in small bowl. Add oats, and let soak 5 to 10 minutes.

**2** Stir together flour, baking soda, baking powder, and salt in separate bowl. Stir soymilk mixture into flour mixture.

**3** Preheat large skillet or griddle over medium-high heat (400°F), and lightly coat with oil. Ladle ¼ cup batter into pan for each pancake. Cook 2 to 3 minutes, or until bubbles form on top and sides are a little dry. Flip, and cook 1 to 2 minutes more, or until browned on both sides. Drizzle with maple syrup, if using.

PER SERVING (2 PANCAKES) 196 CAL; 6 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 30 G CARB; 0 MG CHOL; 280 MG SOD; 4 G FIBER; 5 G SUGARS







## SALAD OF SHAVED FENNEL, ORANGES, AND CANDIED PECANS

### SERVES 6 | 30 MINUTES OR LESS

The perfect brunch salad, this medley of flavors and textures starts with thin slices of mildly anise-flavored fennel bulb tossed with baby arugula, Valencia orange slices, and red onion. Top with candied pecans for a sweetly satisfying crunch.

#### Candied Pecans


- ½ cup pecan halves
- 1 Tbs. pure maple syrup
- ½ tsp. sugar
- ½ tsp. salt
- 1 pinch cayenne pepper

#### Salad

- 3 Tbs. olive oil
- 2 Tbs. white wine vinegar
- 2 medium fennel bulbs, halved and thinly sliced (2½ cups)
- 2 cups baby arugula leaves
- 3 small Valencia oranges, peeled and thinly sliced
- 1 small red onion, halved and thinly sliced (¾ cup)

**1** To make Candied Pecans: Preheat oven to 400°F. Toss pecans with maple syrup in small bowl. Add sugar, salt, and cayenne; toss to coat. Spread nuts on small baking sheet, and roast 10 minutes, or until crispy and aromatic. Cool 10 minutes.

**2** To make Salad: Whisk together oil and vinegar in salad bowl. Toss together fennel, arugula, orange slices, and onion in large bowl. Season with salt and pepper, if desired. Add salad mixture to vinaigrette, and toss to coat. Sprinkle with Candied Pecans.

PER ½-CUP SERVING 176 CAL; 2 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 216 MG SOD; 4 G FIBER; 9 G SUGARS 



## FRESH HERB POTATO RÖSTI


### SERVES | 30 MINUTES OR LESS

If you like hash browns, you'll love this Swiss favorite that is nothing more than grated potatoes and fresh herbs fried in a little olive oil. Serve in wedges (as shown), or cut into small squares for bite-sized nibbles.

- 2 large russet potatoes, peeled and grated (1½ lbs.)
- 4 tsp. fresh chives, coarsely chopped
- 4 tsp. fresh parsley, coarsely chopped
- 4 tsp. fresh tarragon, coarsely chopped
- 2 Tbs. olive oil

**1** Squeeze as much liquid as possible out of grated potatoes, then place in bowl, and toss with chives, parsley, and tarragon. Season with salt and pepper, if desired.

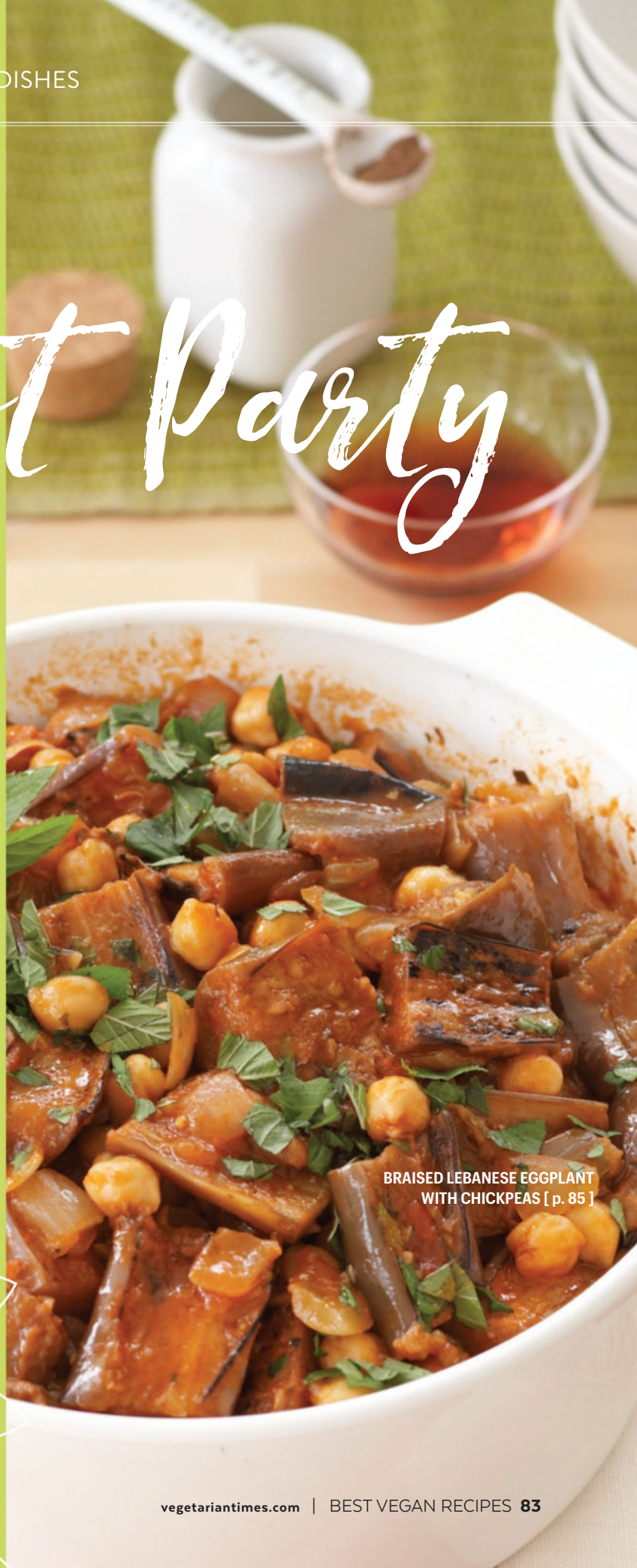
**2** Heat 1 Tbs. oil in 9-inch skillet (preferably cast iron) over medium heat. Press potato mixture into pan, and cook 10 minutes, or until bottom of rösti is golden brown. Loosen bottom and sides of rösti, then slide onto plate. Add remaining 1 Tbs. oil to pan, flip rösti back into pan (browned-side up), and cook 10 to 15 minutes more, or until second side of rösti is golden brown. Loosen rösti, then slide onto serving plate. Cut into wedges or squares, and serve warm.

PER SLICE 184 CAL; 3 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 29 G CARB; 0 MG CHOL; 8 MG SOD; 2 G FIBER; 2 G SUGARS 



# One-Pot Party dishes

These no-fuss, one-pot party dishes are sure to disappear quickly at any gathering



BRAISED LEBANESE EGGPLANT  
WITH CHICKPEAS [ p. 85 ]





## HEARTY IRISH LAGER STEW

### SERVES 8

Pale lager beer adds the mellow flavors of barley, hops, and malt to a rich vegetable stew. The secret ingredient is quick-cooking tapioca, which thickens the stew and gives it a glistening sheen.

- 1 Tbs. vegetable oil
- 8 oz. button or shiitake mushrooms, halved
- 2 cloves garlic, minced (2 tsp.)
- 1 medium leek, white part only, diced (1 cup)
- 3 small red potatoes, cut into 1-inch cubes (1½ cups)
- 2 medium carrots, peeled and sliced (2 cups)
- 2 small parsnips, peeled and sliced (1½ cups)
- 1½ tsp. tomato paste
- 1 15-oz. can crushed tomatoes
- 1½ cups low-sodium vegetable broth
- 2 sprigs fresh thyme, tied in bundle, plus 1 tsp. chopped fresh thyme, divided
- ½ cup lager beer
- 1½ Tbs. quick-cooking tapioca
- 1 cup shredded cabbage
- 1 Tbs. white miso
- 2 Tbs. chopped parsley

**1** Heat ½ Tbs. oil in large pot over medium heat. Add mushrooms and garlic; sauté 8 minutes, or until mushrooms are browned. Remove from pan. Add remaining ½ Tbs. oil to pot. Add leek, and cook 5 minutes. Add potatoes, carrots, parsnips, and tomato paste. Cook 2 minutes. Add tomatoes, broth, and thyme sprigs; bring to a boil. Reduce heat to medium-low, cover, and simmer 40 minutes, stirring occasionally.

**2** Add lager, tapioca, and mushrooms. Simmer 10 to 15 minutes, or until thickened, stirring often. Remove thyme sprigs, stir in cabbage and miso, and simmer 4 to 5 minutes, or until cabbage softens. Stir in chopped thyme and parsley, and season with salt and pepper, if desired.

PER 1-CUP SERVING 118 CAL; 4 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 204 MG SOD; 5 G FIBER; 5 G SUGARS

## ONE-POT PASTA PRIMAVERA

### SERVES 4 | 30 MINUTES OR LESS

This easy recipe lends itself to endless variations. In place of fresh basil, try ¼ cup chopped cilantro or parsley, 2 Tbs. chopped fresh tarragon, or 1 Tbs. finely minced fresh rosemary or oregano.

- 3 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. grated lemon zest
- 8 oz. fusilli pasta
- 2 small yellow squash, halved and cut into ½-inch-thick slices
- 1 medium orange bell pepper, cut into 1-inch pieces
- 8 oz. small broccoli florets (3 cups)
- 2 cups halved cherry tomatoes
- 8 green onions, thinly sliced (½ cup)
- ½ cup torn fresh basil leaves
- Vegan Parmesan-style cheese for garnish, optional

**1** Combine oil, garlic, and lemon zest in small bowl. Set aside.

**2** Cook pasta in large pot of boiling, salted water according to package directions. Add squash and bell pepper 4 minutes before end of cooking time. Add broccoli 3 minutes before end of cooking time. Drain pasta and vegetables, reserving ½ cup cooking water.

**3** Return pasta mixture to pot, and stir in tomatoes, green onions, basil, oil mixture, and reserved cooking water. Heat over medium-low heat until tomatoes are hot. Serve with Vegan Parmesan-style cheese, if desired.

PER 2-CUP SERVING 346 CAL; 11 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 52 G CARB; 0 MG CHOL; 112 MG SOD; 5 G FIBER; 5 G SUGARS







## SPICY SLOPPY JOES

**SERVES 6 | 30 MINUTES OR LESS**

Ale adds a subtle richness to this updated version of the classic chili hash. Mound the Sloppy Joe filling on soft sandwich rolls and top with sliced avocados and shredded lettuce. This recipe easily doubles for a party.

- 3 Tbs. canola oil
- 1 large green bell pepper, chopped
- 4 large cloves garlic, minced
- 1½ lbs. soy crumbles
- 3 Tbs. chili powder
- 1¼ cups pale ale or brown ale, room temperature
- ¾ cup low-sodium bottled chili sauce
- 1 to 2 jalapeño peppers, seeded and diced
- 2 Tbs. low-sodium soy sauce
- 1 cup finely chopped green onions

**1** Warm oil in large, heavy pot over medium-high heat. Add garlic and green pepper, and sauté, stirring frequently, 5 minutes.

**2** Stir in soy crumbles and chili powder. Cook 1 to 2 minutes, until fragrant.

**3** Add jalapeños, ale, chili sauce, and soy sauce; mix well. Reduce heat to medium-low, and simmer, stirring often, about 15 minutes, until thickened.

**4** Mix in green onions; season with salt and pepper to taste. Serve warm.

PER ¾-CUP SERVING 285 CAL; 24 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 32 G CARB; 0 MG CHOL; 828 MG SOD; 9 G FIBER; 11 G SUGARS

## BRAISED LEBANESE EGGPLANT WITH CHICKPEAS

**SERVES 6**

This easy dish will get rave reviews: Slow-cooking eggplant in tomato sauce makes it incredibly silky and tender.

- 2 Tbs. olive oil
- 1 large onion, diced (1½ cups)
- 6 medium Japanese eggplant, halved lengthwise and cut into 2-inch pieces
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. ground allspice
- ¼ tsp. ground cumin
- 1 cup marinara sauce
- 1 Tbs. red wine vinegar
- 1 15-oz. can chickpeas, rinsed and drained
- 2 large mint sprigs, plus 2 Tbs. chopped mint

**1** Preheat oven to 325°F. Heat oil in Dutch oven over medium-high heat. Add onion, and sauté 7 minutes, or until soft. Stir in eggplant, and cook 5 minutes or until beginning to brown. Add garlic, allspice, and cumin, and cook 1 minute more.

**2** Stir in marinara sauce, vinegar, and ¾ cup water, and bring to a simmer. Reduce heat to medium, and simmer 5 minutes. Remove from heat, and stir in chickpeas. Season with salt and pepper. Lay mint sprigs on top of eggplant mixture, cover, and transfer pot to oven. Cook 45 to 50 minutes, or until eggplant is tender. Remove mint sprigs, and stir in chopped mint. Serve hot or at room temperature.

PER SERVING 188 CAL; 7 G PROT; 17 G TOTAL FAT (1 G SAT FAT); 29 G CARB; 0 MG CHOL; 427 MG SOD; 8 G FIBER; 11 G SUGARS 





# Grilling and Picnic inspiration

Bring on those warm-weather excuses to eat outside! These fresh ideas will add wow to your next picnic or cookout





## MEDITERRANEAN VEGGIE BURGERS

### MAKES 6 BURGERS

The secret “glue” that holds these homemade veggie burgers together on an outdoor grill: overcooked pasta. Be sure to pat the beans dry before you add them to the patty mixture, and use a stainless-steel grill topper for a stabler grilling surface. Serve these mouthwatering miracles with your favorite burger buns and toppings.

- 4 oz. rigatoni
- ½ cup red quinoa
- ¼ cup plus 2 Tbs. low-sodium vegetable broth
- 1½ tsp. olive oil
- ¾ cup chopped onion
- 9 cloves garlic, finely chopped
- 1½ cups cooked white beans, or one 15-oz. can white beans, rinsed, drained, and thoroughly patted dry
- ½ cup steamed broccoli
- ¼ cup plus 2 Tbs. finely shredded green cabbage
- 3 Tbs. finely chopped red bell pepper
- 2 Tbs. tomato sauce
- 6 kalamata olives, pitted and sliced
- 2 oil-packed sun-dried tomatoes, drained and finely chopped
- 2 Tbs. canola oil for oiling patties and grill topper

**1** Cook rigatoni in large pot of boiling salted water 19 minutes, or until very soft. Drain, measure out 1½ cups very tightly packed rigatoni, and set aside.

**2** Bring quinoa and broth to a boil in saucepan. Cover, reduce heat to low, and cook 13 minutes, or until slightly undercooked; some of the white germ will have opened, but much of the quinoa will still have a slight bite. Drain, and set aside.

**3** Heat olive oil in small saucepan over medium heat. Add onion, and cook 1 minute. Add garlic, and cook 1 minute more. Set aside.

**4** Process rigatoni and white beans in food processor 1 minute, or until smooth and pastelike (it's OK if there are a few small bits of pasta still intact). Transfer mixture to large bowl. Stir in ¾ cup quinoa, broccoli, cabbage, bell pepper, tomato sauce, olives, sun-dried tomatoes, and onion-garlic mixture. Season with salt and pepper, if desired. Mash to combine. Form six ½-cup-sized patties. Brush tops of each patty with canola oil.

**5** Heat grill to high heat. Brush grill topper with canola oil. Place each patty oiled-side down on grill topper. Set grill topper on grill, close grill cover, and cook 6 to 7 minutes. Brush each patty again with oil, and carefully flip. Close grill, and grill 3 to 4 minutes more.

PER BURGER 276 CAL; 10 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 41 G CARB; 0 MG CHOL; 257 MG SOD; 6 G FIBER; 3 G SUGARS

## WATERMELON SALAD WITH JALAPEÑO AND LIME

### SERVES 2 | 30 MINUTES OR LESS


A spicy twist on a favorite summer fruit, this refreshing salad comes together in a flash. Black sesame seeds add a nice color contrast, but if you can't find them, white sesame seeds work just as well.

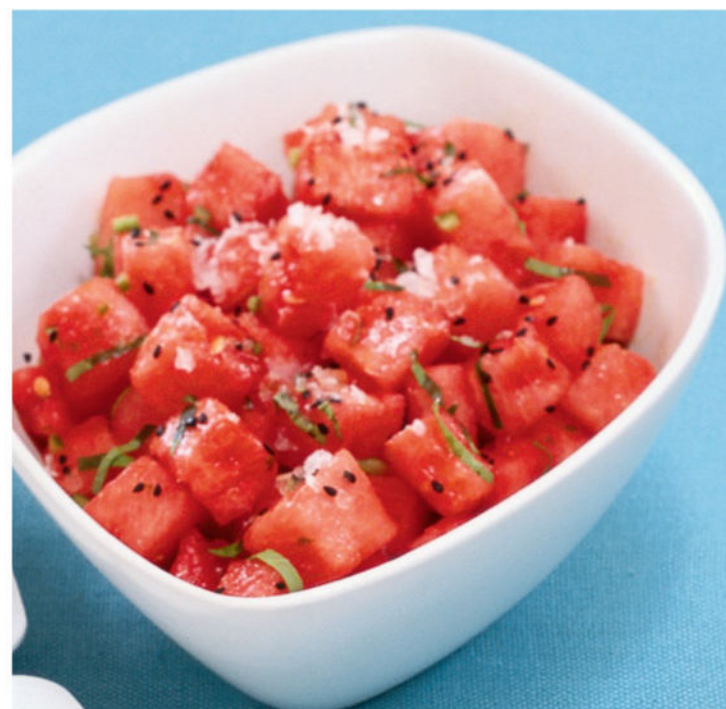
- 3 Tbs. lime juice
- 2 Tbs. olive or avocado oil
- ⅓ tsp. lime zest
- 2 cups seedless watermelon, cut into ½-inch cubes
- 1 jalapeño pepper, seeded and sliced into rings
- ¼ cup basil or Thai basil, cut into thin strips
- 1 tsp. black sesame seeds
- ½ tsp. sea salt

**1** Whisk together lime juice, oil and lime zest. Set aside.

**2** Place watermelon cubes in single layer in large shallow dish. Pour lime juice mixture over watermelon, and gently toss to combine. Cover, and refrigerate until ready to serve.

**3** Place 5 jalapeño rings each in 4 shallow serving bowls. Mound ½ cup watermelon in center of each bowl. Divide marinade among bowls. Sprinkle with basil, sesame seeds, and salt, and serve.

PER SERVING 181 CAL; 1 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 14 G CARB; 0 MG CHOL; 402 MG SOD; 1 G FIBER; 10 G SUGARS 







## BEER BRATS

### SERVES 8

Once these brats have simmered in the onion-beer liquid, they can be served as-is or grilled. Top with your favorite fixings like sauerkraut and spicy mustard.

- 2 Tbs. vegetable oil
- 2 small onions, halved and thinly sliced (2 cups)
- 3 tsp. sugar, divided
- 1 pint brown ale
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. ground black pepper
- 8 vegetarian beer brats or sausages
- 8 hot dog buns

**1** Heat oil in large saucepan over medium-high heat. Add onions, and sauté 3 to 5 minutes, or until they soften and begin to brown. Sprinkle with 1 tsp. sugar, and sauté 3 minutes more, or until onions are golden brown.

**2** Stir in 1 cup brown ale, scraping up browned bits from bottom of pan. Stir in remaining 1 cup brown ale, remaining 2 tsp. sugar, salt, and pepper, and 2 cups water. Reduce heat to medium-low, and simmer 20 minutes, or until onions are very tender and translucent.

**3** Prick sausages with fork. Add to beer mixture, and simmer 10 minutes. Serve immediately, or cool in liquid for more flavor, then reheat or grill. Serve well-drained brats in buns, each topped with 2 Tbs. onions, if desired.

PER SERVING (1 BRAT, 1 BUN, AND 2 TBS. ONIONS) 395 CAL; 32 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 35 G CARB; 0 MG CHOL; 841 MG SOD; 6 G FIBER; 5 G SUGARS

## CHIPOTLE TOFU KABOBS WITH CORN ON THE COB AND ASPARAGUS

### 8 KABOBS

Chipotle chiles in adobo sauce are smoked, dried jalapeño chiles marinated with herbs and vinegar, and they add a unique flavor to any dish. Fresh corn and asparagus round out these skewers for a light, delicious summer meal.

#### Chipotle Marinade

- 1 cup low-sodium vegetable broth
- $\frac{1}{4}$  cup low-sodium tamari soy sauce
- 1 chipotle en adobo, minced, plus 1½ Tbs. adobo sauce, reserved
- 1 large clove garlic, minced
- 1 Tbs. Dijon mustard
- 1½ tsp. granulated onion or onion powder
- 1½ tsp. dried cilantro

- 1 medium-sized red bell pepper, cut into 1-inch-wide strips
- 1 medium-sized red onion, cut into 1-inch wedges
- 12 cherry tomatoes
- 1 cup pineapple cubes
- 6 ears corn on the cob, shucked
- 1 lb. fresh asparagus, trimmed

#### Vegetables

- 6 ears cooked corn
- 1 lb. fresh asparagus, trimmed

#### Tofu Kabobs

- 2 16-oz. packages extra-firm tofu, drained and cut into 36 cubes
- 3 medium-sized zucchini, sliced 1-inch thick

**1** To make Chipotle Marinade: Stir together all ingredients in bowl. Set aside.

**2** To make Tofu Kabobs: Place tofu in glass baking dish, and pour Chipotle Marinade over top. Cover, and chill 1 hour, or overnight.

**3** Soak 8 bamboo skewers in cold water 20 minutes. Heat grill to medium high heat.

**4** Thread tofu cubes, zucchini, red bell pepper, onion wedges, cherry tomatoes, and pineapple cubes on soaked skewers, alternating ingredients.

**5** Grill Tofu Kebabs, corn, and asparagus on grill 15 minutes, basting vegetables often with remaining Chipotle Marinade, and turning often so veggies don't burn.

PER SERVING 279 CAL; 20 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 32 G CARB; 0 MG CHOL; 334 MG SOD; 10 G FIBER; 12 G SUGARS 





# Taco party

Don't get left out of the fiesta! These fabulous fillings and sides show you don't need meat or dairy to make great tacos.



JAMAICAN CURRIED TEMPEH TACOS [ p. 90 ]





## CHICKPEA TACOS

### SERVES 4 | 30 MINUTES OR LESS

The chickpea-avocado mash used as a filling can be served at room temperature. It makes a great sandwich spread as well.

- 1 avocado, peeled, pitted, and diced
- 1 15-oz. can chickpeas, rinsed and drained
- 3 Tbs. cilantro, chopped
- 4 tsp. fresh lime juice
- 1 clove garlic, minced (1 tsp.)
- 8 corn taco shells
- 2 cups baby salad greens
- 1 cup prepared salsa (medium or hot)
- ½ cup non-dairy sour cream

**1** Place avocado in small bowl, and mash with fork. Stir in chickpeas, cilantro, lime juice, and garlic; season with salt and pepper.

**2** Set taco shells in napkin-lined basket. Place salad greens, salsa, and sour cream in separate bowls, and set out alongside chickpea-avocado mash.

**3** To serve, let each person build his own taco by filling each shell with ¼ cup chickpea-avocado mash, some greens, salsa, and sour cream.

PER SERVING 402 CAL; 11 G PROT; 19 G TOTAL FAT (4 G SAT FAT); 51 G CARB; 0 MG CHOL; 800 MG SOD; 10 G FIBER; 2 G SUGARS **GF**

## JAMAICAN CURRIED TEMPEH TACOS

### SERVES 4 | 30 MINUTES OR LESS

The yellow curry filling, mustard greens, and red pepper strips lend these spicy tacos the colors of the tropics.

- 1 Tbs. peanut oil
- 1 small sweet onion, such as Vidalia or Walla Walla, diced (1 cup)
- 1 8-oz. package tempeh, cut into ½-inch cubes
- ½ cup unsweetened pineapple juice
- 2 Tbs. chopped cilantro
- 2½ tsp. curry powder
- 1½ tsp. grated fresh ginger
- 1 Tbs. lime juice
- 1 tsp. grated lime zest
- 4 6-inch corn or flour tortillas, warmed
- ¼ cup chopped red bell pepper
- ½ cup curly mustard greens, finely chopped
- 2 Tbs. chopped peanuts, optional

**1** Heat oil in nonstick skillet over medium-high heat. Add onion, and cook 3 to 5 minutes, or until onion is softened. Stir in tempeh, pineapple juice, cilantro, curry powder, and ginger. Season with salt and pepper to taste. Cook 5 minutes, or until pineapple juice evaporates and tempeh starts to brown, stirring occasionally. Remove from heat, stir in lime juice and zest, and season with salt and pepper.

**2** Fill tortillas with tempeh mixture. Add red bell pepper and mustard greens. Top with peanuts, if desired.

PER SERVING 220 CAL; 14 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 26 G CARB; 0 MG CHOL; 313 MG SOD; 7 G FIBER; 6 G SUGARS







## MEXICAN RICE

### SERVES 4 | 30 MINUTES OR LESS

To make this spicy side extra-hearty, add 1 ½ cups cooked black beans just before serving.

- 1 Tbs. olive oil
- 1 cup instant brown rice
- 1 cup frozen corn
- 1 cup frozen peas
- 8 green onions, chopped (½ cup)
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. ground cumin
- ½ tsp. dried oregano
- 2 Tbs. tomato paste

**1** Heat oil in saucepan over medium-high heat. Add rice, and sauté 3 to 4 minutes, or until beginning to brown. Add corn, peas, green onions, garlic, cumin, and oregano, and sauté 1 minute.

**2** Spoon tomato paste into 2-cup measuring cup. Add enough boiling water to make 2 cups, and stir to combine. Pour tomato paste mixture into rice, and season with salt and pepper. Reduce heat to medium-low, cover, and simmer 15 minutes, or until all liquid is absorbed. Remove from heat, and fluff with fork just before serving.

PER SERVING 190 CAL; 6 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 32 G CARB; 0 MG CHOL; 427 MG SOD; 5 G FIBER; 4 G SUGARS **GF**

## GRILLED PORTOBELLO TACOS WITH SALSA VERDE

### SERVES 6 | 30 MINUTES OR LESS

Juicy, earthy portobello mushrooms make these tacos a mouth-watering treat. Don't worry if the mushroom caps seem slightly undercooked when you pull them from the grill; leave them out on a plate, and they will continue to cook (this is called carryover cooking).

#### Marinade

- ⅓ cup canola oil
- 3 Tbs. balsamic vinegar
- 1 tsp. black pepper

#### Tacos

- 6 large portobello mushroom caps
- 6 6-inch soft corn tortillas
- 2 avocados, sliced
- 2 cups chopped tomatoes
- 3 cups shredded cabbage
- Vegan sour cream, optional

#### Salsa Verde

- 4 tomatillos, chopped (or 1 cup canned)
- 1 large green bell pepper or poblano chile, roughly chopped
- 1 large bunch fresh cilantro, leaves only
- 1 medium onion, chopped
- 3 cloves garlic
- 3 tsp. organic sugar or agave nectar
- 1¼ tsp. canola oil
- 1 tsp. pepper
- ½ tsp. salt

**1** Preheat grill or grill pan to high heat. To make Marinade: Combine all ingredients in small bowl.

**2** To make Tacos: Brush mushroom caps with marinade. Grill mushrooms 3 to 5 minutes per side. Cool until easy to handle, then slice into strips.

**3** To make Salsa Verde: Purée all ingredients in food processor 1 minute, or until smooth. Pour salsa over mushroom strips, and let stand 5 to 10 minutes.

**4** Lightly warm tortillas 15 seconds per side in skillet or on griddle. Fill tortillas with sliced mushrooms, avocado slices, tomatoes, and cabbage. Top each taco with sour cream, if using.

PER TACO 278 CAL; 6 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 35 G CARB; 0 MG CHOL; 257 MG SOD; 9 G FIBER; 12 G SUGARS **GF**





# Crowd-Pleasing desserts

Vegan or not, these dairy- and egg-free desserts will please any sweet tooth







## VANILLA-ALMOND CREAM TARTLETS

### MAKES 28 TARTLETS

Top these crowd-pleasing tartlets with the best berries of the season—or sprinkle with nuts or chocolate chips. Look for the miniature tart pans in most cookware stores, or use mini muffin pans.

#### Cream

- 1 cup blanched almonds
- 1 vanilla bean
- ¼ cup agave nectar
- 3 Tbs. agar flakes
- 1 Tbs. maple sugar
- 2 Tbs. kudzu powder

#### Tartlets

- 1 cup pecans
- 1 cup all-purpose flour
- ¼ cup maple syrup
- ¼ cup melted coconut oil
- 2 cups fresh blueberries, raspberries, and/or blackberries, for garnish

**1** To make Cream: Blend almonds and 2 ½ cups water in heavy-duty blender or food processor on high speed until almonds are well puréed. Strain liquid through fine strainer lined with double-layered, wet cheesecloth.

**2** Slice vanilla bean lengthwise, and scrape seeds from pod. Combine vanilla seeds, almond milk, agave nectar, agar flakes, and maple sugar in small saucepan, and bring to a simmer over medium-low heat. Simmer 15 minutes, or until agar flakes are completely dissolved, whisking frequently.


**3** Stir kudzu powder into 3 Tbs. water in bowl. Whisk kudzu slurry into almond milk mixture. Cook 2 to 3 minutes, or until mixture thickens. Transfer Cream to small baking dish. Chill until firm.

**4** Transfer Cream to food processor or blender, and purée until smooth. Spoon Cream into pastry bag fitted with round tip. Chill.

**5** To make Tartlets: Preheat oven to 350°F. Combine pecans and flour in blender or food processor; process until pecans are powdered. Whisk together maple syrup and coconut oil in small bowl. Stir pecan mixture into maple syrup mixture.

**6** Press maple-pecan mixture into 28 1½-inch tart molds or mini muffin cups, and prick bottoms all over with fork. Transfer tart molds to baking sheet. Bake 15 minutes, or until crusts are golden. Cool 15 minutes. Release from molds with toothpick.

**7** To assemble: Pipe almond cream into Tartlets. Garnish with berries.

PER TARTLET 114 CAL; 2 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 11 G CARB; 0 MG CHOL; 3 MG SOD; 1 G FIBER; 6 G SUGARS 





## GLAZED CHOCOLATE-AVOCADO CUPCAKES

### MAKES 12 CUPCAKES

Avocado replaces the eggs and most of the oil in a rich, chocolaty batter that turns out super-moist baked goodies.

#### Cupcakes

- 1½ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 tsp. baking powder
- ¾ tsp. baking soda
- ¾ tsp. salt
- 1 avocado, pitted and peeled
- 1 cup pure maple syrup
- ¾ cup plain soymilk
- ½ cup canola oil
- 2 tsp. vanilla extract

#### Glaze

- ¼ block soft silken tofu (from 14-oz. container), drained and patted dry
- 3 Tbs. pure maple syrup
- ½ tsp. vanilla extract
- ⅛ tsp. salt
- 4 oz. semisweet vegan chocolate, melted

**1** To make Cupcakes: Preheat oven to 350°F. Line 12-cup muffin pan with paper liners. Whisk together flour, cocoa powder, baking powder, baking soda, and salt in bowl. Purée avocado in food processor until smooth. Add maple syrup, soymilk, oil, and vanilla, and blend until creamy. Whisk avocado mixture into flour mixture.

**2** Spoon batter into prepared cupcake cups. Bake 25 minutes, or until toothpick inserted in center comes out with some crumbs attached. Cool.

**3** To make Glaze: Blend tofu, maple syrup, vanilla, and salt in food processor until smooth. Add chocolate to tofu mixture, and blend until smooth. Transfer to bowl. Dip tops of Cupcakes into Glaze, pulling straight up from Glaze to form peaks.

PER CUPCAKE 287 CAL; 4 G PROT; 13 G TOTAL FAT (3 G SAT FAT); 44 G CARB; 0 MG CHOL; 304 MG SOD; 4 G FIBER; 24 G SUGARS

## PINEAPPLE COBBLER

### SERVES 9

Pineapples and dates create a luscious filling for this dessert. Experiment with different fruit juices and with dried fruits other than dates.

#### Filling

- 5 cups fresh pineapple cubes
- 1 cup coconut-pineapple juice or unsweetened pineapple juice
- 1 cup chopped dates
- 1½ tsp. vanilla extract
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cardamom or allspice

#### Topping

- 1½ cups rolled oats
- ½ cup all-purpose or whole-wheat pastry flour
- ½ cup coconut-pineapple juice or unsweetened pineapple juice
- ¼ cup light brown sugar, optional
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cardamom or nutmeg
- ¼ cup vegan margarine
- 3 Tbs. coconut or safflower oil

**1** Preheat oven to 375°F. Coat 8-inch-square baking dish with cooking spray.

**2** To make Filling: Stir together pineapple cubes, juice, dates, vanilla, cinnamon, nutmeg, and cardamom in medium saucepan, and bring to a boil over medium-high heat. Cook 10 minutes, or until dates begin to break apart, stirring frequently.

**3** To make Topping: Combine oats, flour, juice, brown sugar, if using, cinnamon, and cardamom in large bowl. Melt margarine and oil in small saucepan. Stir margarine mixture into oat mixture.

**4** Spoon Filling into prepared baking dish. Spread Topping over Filling, and bake 35 to 40 minutes, or until Topping is golden brown.

PER ⅓-CUP SERVING 264 CAL; 4 G PROT; 8 G TOTAL FAT (5 G SAT FAT); 46 G CARB; 0 MG CHOL; 37 G SOD; 5 G FIBER; 26 G SUGARS





## PEANUT BUTTER SANDWICH COOKIES

### MAKES 24 SANDWICHES

Peanut butter adds a protein punch to these cookie sandwiches, which are held together with an easy, rich chocolate filling.

#### Cookies

- 2 cups smooth, natural-style peanut butter
- 4 oz. vegan margarine (1 stick)
- 1 cup dark-brown sugar
- $\frac{1}{2}$  cup evaporated cane sugar
- 2 tsp. vanilla extract
- $\frac{1}{2}$  cup plain soymilk or almond milk
- $3\frac{1}{3}$  cups all-purpose flour
- 2 tsp. baking soda
- 2 tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{3}$  cup roasted unsalted peanuts, chopped

#### Filling

- $\frac{1}{2}$  cup coconut creamer or soy creamer
- 8 oz. vegan chocolate chips (1 $\frac{1}{4}$  cups)

**1** To make Cookies: Preheat oven to 350°F. Line 2 baking sheets with parchment paper, or coat with cooking spray.

**2** Cream peanut butter, margarine, brown sugar, cane sugar, and vanilla 2 to 3 minutes with electric mixer, or until smooth. Beat in soymilk and  $\frac{1}{4}$  cup water.

**3** Whisk together flour, baking soda, baking powder, salt, and peanuts in separate bowl. Add flour mixture to peanut butter mixture, and beat just until dough forms.

**4** Scoop 1 Tbs. dough onto prepared baking sheets 2 to 3 inches apart. Make crisscross pattern on top of each Cookie by pressing down with fork. Bake 9 to 11 minutes or until edges of Cookies begin to brown. Cool on baking sheet.

**5** To make Filling: Heat creamer in top half of double boiler over medium heat until steaming. Pour hot creamer over chocolate chips in bowl, and let stand 30 seconds. Mix creamer and chocolate with wooden spoon until chocolate is melted, then whisk until smooth. Cool until Filling is spreadable.

**6** Spread 2 tsp. Filling on flat sides of 24 Cookies. Top with remaining Cookies.

PER SERVING 344 CAL; 7 G PROT; 18 G TOTAL FAT (5 G SAT FAT); 38 G CARB; 0 MG CHOL; 304 G SOD; 3 G FIBER; 18 G SUGARS



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VEGAN	DAIRY-FREE	GLUTEN-FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR LESS	
						<b>DRINKS, DIPS, SAUCES &amp; SPREADS</b>
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■	■	■	■	■	■	Avocado-Mango-Walnut Smoothie, p. 43
■	■	■	■	■	■	Chard, Lime, and Mint Smoothie, p. 43
■	■	■	■	■	■	Chocolate Peanut Butter Smoothie, p. 43
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■	■	■	■	■	■	Peach Glow Smoothie, p. 43
■	■	■	■	■	■	Rich and Creamy Cashew Cheese, p. 75
■	■	■	■	■	■	The Ultimate Tofu Smoothie, p. 44
						<b>SWEETS &amp; BAKED GOODS</b>
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■	■	■	■	■		Almond Oat Scones with Salted Vanilla Bean Glaze, p. 78
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■	■	■	■	■		Carrot-Mango Sorbet, p. 35
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■	■	■	■	■		Layered Melon Parfaits, p. 37
■	■	■	■	■	■	Oatmeal Pancakes, p. 80
■	■	■	■	■		Oh-So-Blueberry Ice, p. 37
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YOUR NEW

# - SECRET WEAPON -

## IN THE KITCHEN



### COOK

Add into delicious savory dishes, sauces, marinades and dressings.



### POUR

Quickly sweeten breakfast foods like pancakes, oatmeal, cereal and yogurt.



### BAKE

Sweeten and bake all of your favorite desserts - brownies, bar cookies and pies.



### MIX

Easily blend into hot and cold beverages — great for sweetening smoothies and summer drinks.



**Domino® and C&H® Organic Blue Agave Nectars** are delicious syrups made from the core of the blue agave plant and are perfect for all of your sweetening needs.

*the Real Way  
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